

HOW TO COOK NEW ZEALAND FISH AND OTHER SEA FOODS



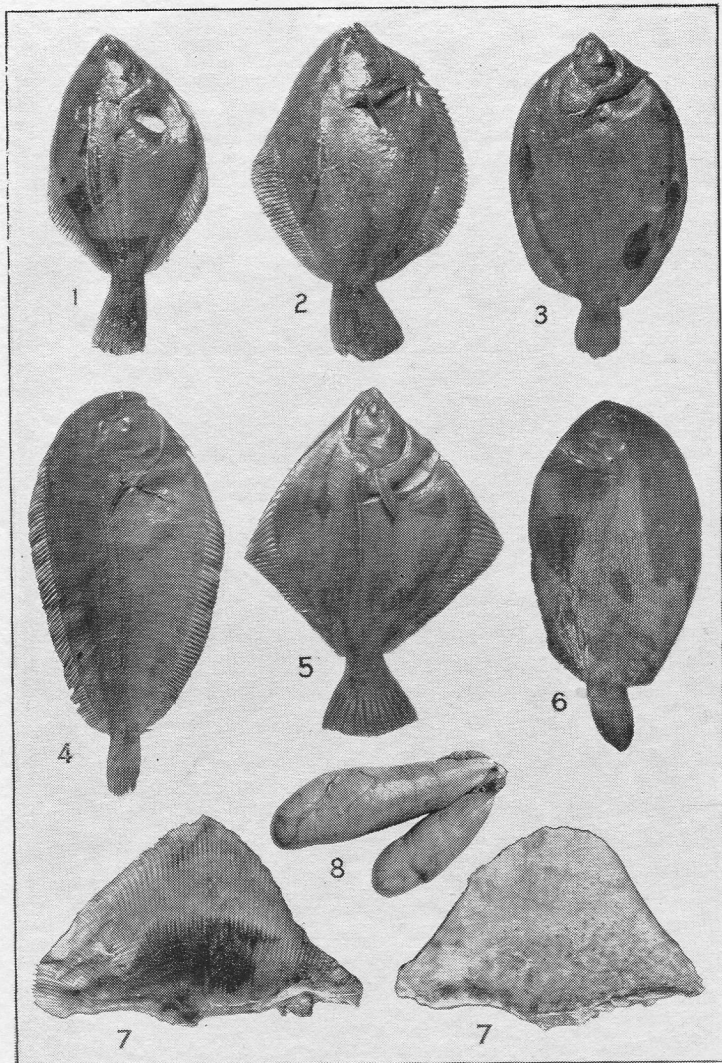
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REFERENCES

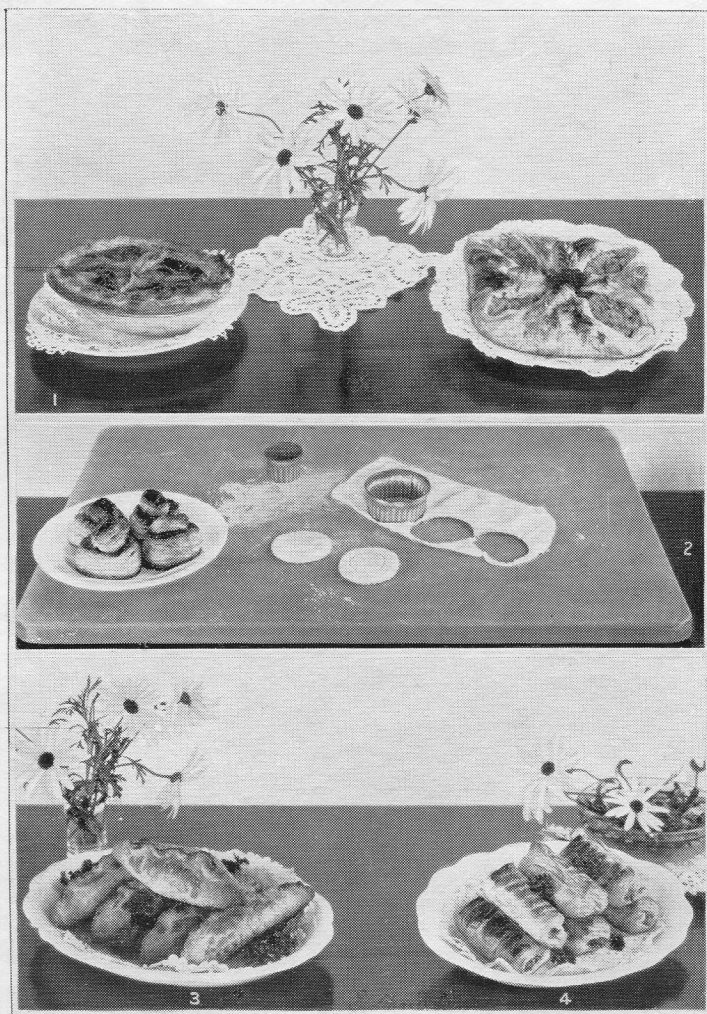
- “Composition of Some N.Z. Foodstuffs.” John Malcolm, M.D. N.Z. Institute, 1911.
“Food Value N.Z. Fish,” Parts 1 and 2, 1920 and 1921. Mrs. Dorothy E. Johnson, B.Sc. in Home Science.
“Food Value N.Z. Fish,” Parts 3, 4 and 5. N.Z. Institute, 1924 and 1926. J. Malcolm, M.D.; T. B. Hamilton, M.A., B.Sc.; C. L. Carter, M.Sc., A.I.C.
“Food Value N.Z. Fish,” Parts 6 and 7. N.Z. Institute, 1926.
“Food Value N.Z. Fish,” Parts 8 and 9. N.Z. Institute, 1927 and 1928. J. Malcolm, M.D.
Dr. C. E. Hercus, Otago University. “The Incidence, *Ætiology* and Prevention of Goitre in New Zealand.”
“The Iodine Content of Foods, Manures and Animal Products in Relation to the Prophylaxis of Endemic Goitre in N.Z.” C. E. Hercus and K. C. Roberts.
Robert M. Laing, Esq. “N.Z. Seaweeds.”

\$15.



1. Yellow Flounder (best) (a).
2. Black Flounder (lake) (a).
3. Lemon Sole (best) (a).
4. Sole (a).

5. Flounder (a).
6. Brill 2-6 lb. (yellow).
7. Skate (wings).
8. Groper Roe.



1. Russian Fish Pie, page 43.
2. Vol-au-vent Cases, page 37.

3. Fish Pasties, page 41.
4. Sardine Rolls, page 59.

THE COOKING OF
NEW ZEALAND FISH
AND OTHER
SEA FOODS

By

M. A. BLACKMORE

Author of "Vegetable Cookery"



WHITCOMBE & TOMBS LIMITED

AUCKLAND, CHRISTCHURCH, DUNEDIN, & WELLINGTON, N.Z.
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HINTS.

All measures in recipes are level measures.

Fish may be easily scaled or skinned if dipped into boiling water for a few minutes.

Vinegar or lemon juice added to the water when boiling fish prevents the fish from breaking.

Vinegar and water boiled up in pan after cooking fish will remove the fishy taint.

Rub the hands with salt after handling fish; this will remove the smell.

Some of the local names of fish vary in different parts of New Zealand, but in general a recipe for one kind of fish is equally suitable for all fish of that family.

Iodised salt is strongly recommended both for cooking and table use.

THE COOKING OF N.Z. FISH

INTRODUCTION.

In compiling this book on the cooking of New Zealand Sea-foods, an attempt has been made to show how a more varied and economical use might be made of these foods.

The body needs for growth and health a right proportion of several food materials. The chief ones are proteins (for building flesh), heat and energy material, and mineral matter for the building of bones and teeth, and vitamins for growth and resistance to some diseases.

Fish and most other sea-foods are good proteins—they are tissue builders and they are rich in mineral matter. Fish may take the place of meat, cheese, or eggs, in the diet. As shell-fish, crabs, crayfish, etc., are not, from the Scientists' point of view, fish, the term "Sea-foods" is sometimes used to denote fish and the other food materials to be obtained from the sea and around the coasts. The term shell-fish is used in its popular sense. Many sea-foods other than the present comparatively limited varieties of fish on the market, might with advantage be used in the average household. Salt water fish and other sea-foods are rich in iodine, so that in Goitre belts—as many districts in New Zealand are—the free use of these foods would undoubtedly help in checking the development of Goitre.

Up to the present time not much research work has been done in connection with the vitamine content of our sea-foods, but three at least, the oyster, toheroa, and tarakihi, have been proved to contain vitamin A.

Sea-foods are rich in phosphorus, which is needed for the nerves, but it is not on this account that fish is said to be a good food for brain workers. It has no special effect on the brain, but it is in general easy of digestion, and therefore a suitable tissue-building food for people of sedentary habits.

It is quite evident that the original owners of New Zealand, the Maoris, made a much greater use of the sea-foods of their country than the white man has done. Special fishing expeditions were made, when the whole tribe camped at rivers or at the sea-shore, spending the time fishing and then drying and preserving the catch for future use.

The pauas were sun dried—a hole put in the centre and then strung on a piece of flax.

Eels and groper were opened, boned, and sun dried in much the same way as the people of the Channel Islands treat the conger eel.

The flesh of fish and sea-foods generally differ in many ways from the flesh of land animals. There is a much greater variety in flavour and in texture in our sea-foods than in what is often known as butcher's meat. This variety or difference may be readily noted on perusal of the "Summary," p. 103.

Unfortunately only a comparatively few of our edible sea-foods are on the market, with the result that the demand for the few kinds marketed is good and the prices are relatively high.

There is evidence that New Zealand has an abundance of wholesome fish and other sea-foods un-

known in our markets, that in other less favoured countries would be used as staple foods.

In the case of our so-called shell-fish (mollusca) only one, the oyster, is regularly marketed, though pipis, mussels, cockles, scallops, pauas, etc., are equally edible, and served as soup, chowder, or scalloped, make economical, nutritious, and very appetising dishes.

There seems an opening for some one of enterprise to market foods that are so easily and cheaply procured, and food that would at small cost give variety and add valuable food materials to our diet.

Shell-fish might be more freely used for children. If not over-cooked they are not difficult of digestion, and their being free from bones makes them more suitable for children than the majority of the small-boned fish. The oyster is an excellent source of iodine, and doubtless the other shell-fish are also rich in iodine.

All the shell-fish may be served raw, and for children may be minced and then added to mashed potato, white sauce, chowder, etc. Seaweed ranks even above shell-fish in iodine content, and on many of the New Zealand beaches edible seaweed is found. It is easily prepared and cooked, and wherever procurable should be made use of as a valuable source of iodine.

In using fish and other marine foods a small quantity used in conjunction with other food materials will add nutriment, character, and flavour to a dish, *i.e.*, chowder made with potatoes, a little onion, and bacon, and about a dozen mussels or pipis, is much more appetising and satisfying than a dish made with the same food materials but lacking the addition of the sea-foods.

The flesh of the whale, seal, shark, and porpoise are all edible. In England during the Great War whale flesh was used to some extent, but has not so far come into general use. It is sold in the form of steaks, and is said to resemble beef, both in flavour, colour, and texture.

Sealing was in the early days of New Zealand a very important industry. The value was chiefly in the skins, though the flesh was eaten by both European and Maori.

Many species of shark are to be found around our coasts, and although not sold as such practically all of the species are edible. Shark is on the Canadian and United States of America markets in the form of steaks. It is stated to be freely used in the fishing villages in the West of England.

MAORI METHOD OF COOKING FISH.

(BY ELSDON BEST, Esq.)

As the Maoris depended upon the sea and the rivers to provide them with a very important article of diet, they were naturally experts in catching fish.

In this they were guided largely by the advice of their tohungas or priests; special days of the month were marked as most suitable, and special incantations prepared for recitation.

Fish appears to have had a definite scale of values to the Maoris. The most esteemed was the hapuku (or groper), then the moki, warehou, the mullet, the schnapper, tarakihi, kahawai, blue cod, in something of that order. Eels and lampreys were probably in a class by themselves.

Even to-day, the older Maoris in the remote parts observe certain rites in their fishing. They recognize definite seasons for certain fish, and resent any intrusion at other times. On the hapuku or moki grounds "food" of any kind must not be carried on your boat or even be mentioned. The fish must not touch the anchor or any iron substance, nor must it afterwards be cooked in an iron vessel, lest the other moki, in their disgust, leave the grounds for more secluded spots where the rules will not be so rudely broken.

Being thus limited in their methods of cooking, the Maoris had few ways of doing it.

For an ordinary "picnic" meal they might grill fish. This is easily done by putting flat stones in the fire, making them quite hot (so that a drop of water is converted into steam at once), the food is then laid, skin downwards, on the stones, and is soon cooked. Fairly thin steaks, such as small schnapper, tarakihi, are, of course, used. Small bits are also "toasted" over the coals.

The most common way of cooking fish, however, is by the *hangi* or Maori oven. A hole is dug to the depth of about two feet, the diameter varying with the amount to be cooked. In this, a fire of good burning wood, such as manuka, is made, stones of the size of one's fist being laid on the top. When the wood has been entirely consumed and the stones are almost red hot, any unburnt embers are removed. The light ashes are "flicked off" with a small brush of manuka dipped in water, and the hot stones packed into a saucer shape, round which a wreath of fern is usually placed. If kumaras or potatoes are required, they are now poured in. The fish is then laid on top and water is dashed on. This is immediately converted into steam. The food is quickly covered by a clean cloth. Over this, damped mats or clean sacking is

placed, and earth is heaped over the top, so as to stop completely the escape of the steam. The *hangi* is then left for about an hour, when the coverings are carefully removed, and the food is ready.

Fish may also be cooked in a *kopaki*. This is done by wrapping the fish in a covering of leaves, *e.g.*, *puha* (or sow thistle) and placing it in the *hangi*. The leaves give a flavour to the fish, and may be eaten with it.

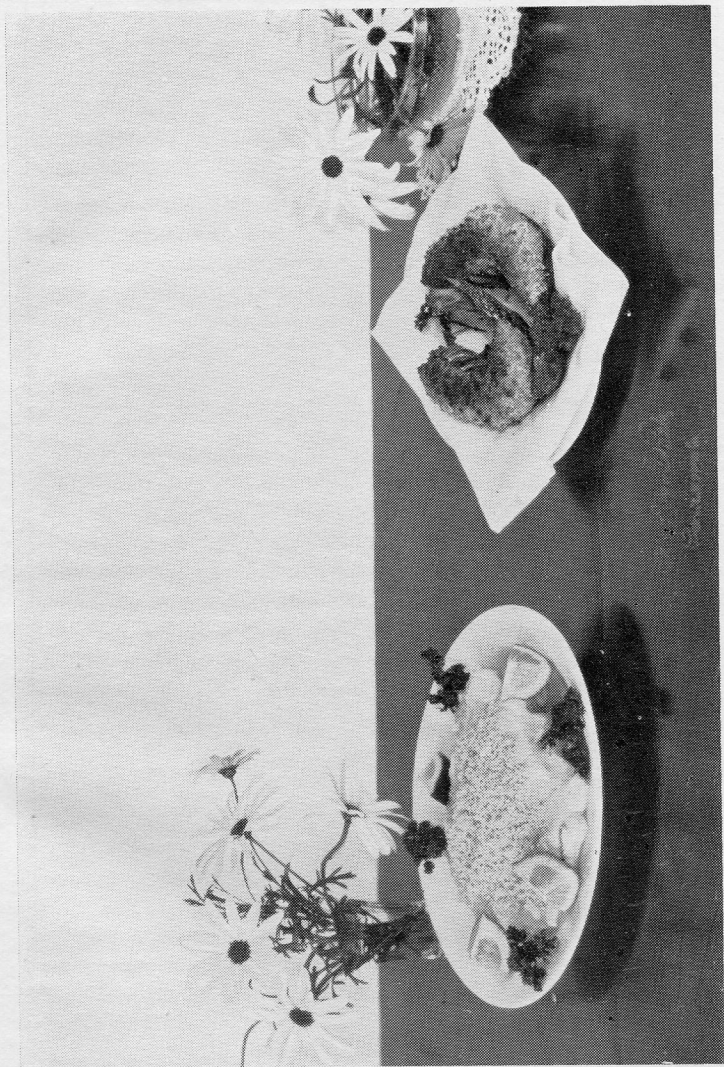
COMPOSITION.

Flesh.—Food value of fish varies greatly according to the season—the feeding grounds and kind of fish—but all fish are valuable protein foods. They are termed by Plimmer “good” proteins, and so are classed with meat, milk, eggs, and cheese.

Fat.—The amount of fat in the different kinds of fish varies a great deal. The oily fish, as herring, groper, tarakihi, salmon, have the fat under the skin and distributed through the flesh. The flesh of the oily fish is, in general, coarser in texture, darker in colour, and of a more decided flavour than that of the lean fish.

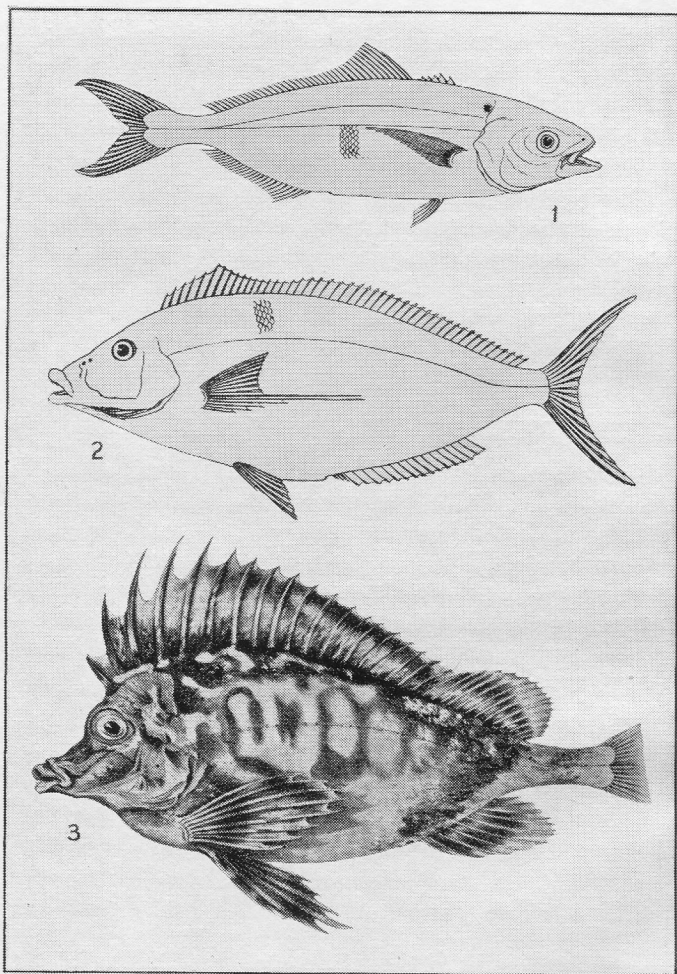
In fish classed as lean fish the amount of fat or oil also varies, but the fat is not distributed in the same way through the flesh, but is found chiefly in the liver. Examples of the lean fish are sole, flounder, cod. In this class of fish the texture of the flesh, colour, and flavour are more delicate than is the case in the oily fish.

The full list of each class of fish may be found on referring to the “Summary,” p. 103.



Boiled Skate and Egg Sauce, page 26.

Devilled Crayfish, page 86.



1. Maomao. *Transactions of New Zealand Institute*, Vol. 5. (Hutton's paper.)
2. Poraë. *Transactions of New Zealand Institute*, Vol. 7. (Hector's paper.)
3. Pig Fish. *Records of South Australian Museum*, Vol. 2. (Waite's paper.)

Waste.—The amount of waste depends largely on the amount and size of bone, thickness of the skin, or whether the fish is bought whole or in cutlets. In some cases (the plaice) the skin is regarded as a dainty, and is served with the fish.

The bone and skin of fish is rich in gelatine, and much of the so-called waste material may be utilized. The bones, skin, head, etc., should be boiled to make sauce to serve with the fish, or used to make a particularly palatable and nutritious soup.

THE IODINE CONTENT OF SEA-FOODS.

Quite apart from the value of sea-fish as a good source of protein, and of its value to the housekeeper as an easily prepared and cooked food, giving pleasing variety to the diet, there is the very important fact of the iodine content of sea-foods to be remembered. And in this connection it is well to note that the cost of the sea-food bears no relation to the amount of iodine it contains.

The following list may be taken as the order of value in iodine of some of our common foodstuffs:—

1. Seaweed.
2. Shell-fish, oysters, cockles.
3. Shrimps.
4. Crabs, and most ocean fish.
5. Fresh-water fish, vegetables, milk, etc.

There seems to be no loss of iodine through drying or tinning, or by some of the methods of cooking, though it is quite probable that there is loss of iodine by boiling fish, so that when this method of cooking is employed use should be made of the liquid in which the fish has been cooked.

In a brief summary of investigations carried out in the United States of America in 1924 on the iodine content of Sea-foods, it is stated:—

“There can be no doubt that iodine is to be found in all fish and fishery products—molluscs and crustaceans. Moreover, it has been clearly shown that marine fish and shell-fish contain much more iodine than fresh-water fish.

“The data indicate that seaweeds, molluscs, crustaceans, and marine fish contain a higher percentage of iodine than any other common foods. . . .

“It is evident that by using marine fish or shell-fish in the diet two or three times each week the amount of iodine (ingested) would be increased considerably.”

Dr. Hercus says:—“It will be seen that the foods richest in iodine are edible seaweed, sea-fish, particularly shell-fish, eggs, wholemeal cereal products, leafy vegetables, and milk. Refined cereal products, root vegetables, and fruits are shown to have a low iodine content. It will be noted that the skin of root vegetables, which is so constantly discarded before cooking, contains much of the iodine.”

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Cooking is shown to have little effect on the reduction of the iodine content of seaweed, fish, and root vegetables, but to reduce the content of green vegetables by about two-thirds, indicating the necessity for using the water in which green vegetables are cooked.

In an examination of one hundred and sixty-one Maori children in Canterbury the author found 14% with thyroid enlargement, and in children of the Urewera Country 30%. In this latter district the

diet was found to be deficient in protein and fat, and devoid of marine food.

Members of the same tribe living in a river valley adjacent to the sea, on a well-balanced diet in which shell-fish appeared regularly, were found to be practically free from goitre. Marine food, and notably shell-fish, bulked largely in the diet of the coastal tribes of the Maoris, and this fact probably explains why tribes resident on what we now recognize as endemic areas escaped the disease.

SEA-WEEDS.

The Maoris regard all the New Zealand sea-weeds as edible. Our sea-weeds would all no doubt gelatinise or form a jelly after various periods of soaking and boiling, but it is only those that gelatinise readily that are used to any extent as food.

As far as can be ascertained little or no research work has been done in connection with the iodine content of sea-weeds in New Zealand. Although doubtless the amount of iodine varies in the different kinds of sea-weed, in other countries sea-weed (marine algæ) is recognized as having the highest percentage of iodine of all the sea-foods. For this reason the free use of edible sea-weed is strongly recommended. It would be a very valuable addition to a diet which is too often deficient in iodine.

The true carrageen or Irish Moss has not so far been found on the New Zealand beaches, but there are a number of sea-weeds to be found which are generally known as Irish or Iceland Moss, and which may be used in the same way.

The sea-weed (*Gigartina*) illustrated is to be found on the beach at Timaru, Kaitangata, and Port Molineaux, in the South Island. It is used in the making of some cough mixtures, and when boiled in milk makes a particularly good "shape" or jelly.

The Maoris toast some kinds of sea-weed in ashes, and other kinds they dry and eat uncooked. Kelp is valued for the oil it contains. In Ireland and Scotland, dulce (a drift weed) is to be bought and is used in much the same way as our children use lollies or sweets. In some islands of the United Kingdom the extraction of iodine from kelp is an important industry.

CHOOSING FISH.

It may be stated as a general rule that the fish should be used as soon as possible after being caught. A few watery fish—as red cod—are improved by being sprinkled with salt for a few hours before using. This makes the flesh firmer, and extracts some of the water. The eyes of fresh fish are bright and full. The flesh should feel firm, not flabby. The smell should not be unpleasant. In Butter or Kelp fish the bone is green, and the brightness of the colour denotes the freshness of the fish. In Moki the bone is sometimes dark, almost black, the colour depending on the feeding ground of the fish. Choose fish in season. Mrs. Dorothy Johnson states in her work on the food value of New Zealand fish, "that the nutritive value of a fish at its best is double that of the fish in poor condition." Many New Zealand fish are to be had all the year. The exceptions are to be found in the "Summary" appended. Shell-fish may be bought alive. If the shell is open or partly open the fish is dead or dying, and should not be used as food.

PREPARING FISH.

Lay the fish on several thicknesses of newspaper—hold the fish by the tail—and by passing the blade of a knife over the fish from tail to head, remove the scales; with a pair of scissors remove the fins, tail, etc. Keeping the fish still on the paper insert the point of the scissors at the vent, and cut open the fish to the head. Turn back the flap and with a knife remove the inside on to the paper. Roll up all waste material in the paper and burn or bury at once. Thoroughly clean inside and outside of fish with a damp cloth.

If the scales are hard to remove dip the fish in hot water for a second before scaling. It is a mistake to wash fish much, or allow it, as a rule, to lie in water for any length of time. Fresh-water fish having a muddy taste or smell, may be soaked in salt and water for a short time to remove this, but the soaking also extracts some of the nutriment.

KEEPING FISH.

If an over supply of fish is on hand, cook as much as can be conveniently used. Any left-over cooked fish may be served next day re-heated or as a salad. The surplus should be potted, pickled, or salted at once. It is only under exceptional conditions that fresh fish may be kept uncooked for any length of time.

FLAVOURING AND SEASONING.

Our sea-foods vary greatly in flavour, though in no case can the flavour be called pronounced or strong.

Flavourings and seasonings should be used to enhance or increase the natural flavour of a food and not to disguise it.

In the majority of cases sliced lemon is served with fish, irrespective of the method of cooking. Allow half to one slice of lemon for each serving.

Over flavouring and under seasoning are two common faults of the inexperienced cook.

Lemon rind and juice, vinegar, bacon, parsley, tomato, onion, horseradish, nutmeg, mace, cloves, peppercorns, may all be used in turn, and if used with discretion will, in addition to salt, increase the typical flavour of the various marine foods.

METHODS OF COOKING.

In New Zealand, except at a few expensive hotels and boarding-houses, very little variation is shown in the method of cooking fish. Frying and boiling are the only two methods in general use. Neither method can be regarded as being an especially good one. Fried fish, unless very carefully cooked, is difficult of digestion. Boiled fish, even when carefully cooked, loses much of food value and also flavour during the boiling. The water in which the fish has been boiled should be used for making the sauce to serve with the fish, or if suitable flavouring and thickening is added, it may be served as a fish soup. Baking, broiling, or grilling and steaming, are all good methods of cooking fish. Small bony fish as herring, or any other oily fish as trout and salmon, may be stewed in vinegar and water (soused). In the case of herrings the bones are softened by the vinegar, and the acid counteracts the richness of the oily fish.

BAKING FISH

Baking is perhaps the most satisfactory way of cooking fish. Preparation for it is easy, and the resultant flavour is good. It is suitable for practically all kinds of fresh fish. Small fish may be wrapped in greased or buttered paper before baking.

The time of cooking varies with the kind, size, and thickness of the fish. Herrings and flounders will bake in from 10 to 15 minutes. Trout, 4 to 5 lb., will need from half to three-quarters of an hour. The fish is cooked when it leaves the bone—there should be no sign of redness. A hot oven is needed.

To Bake Fish.

Either large or small fish may be cooked in this way. Place the prepared fish in a baking tin with suitable seasonings, a little butter or good dripping. Cook in a hot oven, basting frequently with butter and liquid that runs from the fish. When fish is cooked, remove to a hot dish. Pour the liquid over the fish, or make a gravy or sauce with the liquid in the baking tin, and serve with the fish.

BAKED RED COD.

Scale and clean the fish. Remove fins and tail. Sprinkle inside and outside with salt and allow to stand for some hours. When ready to cook brush the outside with melted butter or dripping. Put two or three strips of bacon inside the fish and place in a greased baking dish. Take about $\frac{1}{2}$ lb. flour and add enough water to form a paste that will roll out. Roll out to about half an inch thick and place this over the fish, pressing it firmly round. Bake in a steady oven about 30 minutes.

To dish—Remove the crust and carefully lift the fish on to a hot dish. Add about 1 tablespoon of flour to the fat in the baking dish, stir over the fire until well browned. Add a cup of water and stir until boiling. The sauce should be rather thick. A little Worcestershire, anchovy, or tomato sauce may be added, or a slice or two of tomato may be cooked in the gravy. Season well, and strain over the fish.

RED COD.

Red cod is cheap, and in the south usually plentiful. If carefully prepared and cooked it is delicate in flavour and texture.

As it contains a large amount of water, it should be lightly salted for some hours before cooking to extract some of the water and to make the flesh firmer.

The connective tissue is delicate, and on this account the flesh breaks easily when cooked.

It is not a suitable fish for boiling.

For frying it should be lightly salted for some hours, then coated with batter, and cooked in deep fat. It is excellent when fried in this way, when steamed, or when baked under a crust. When smoked, red cod is known as haddock.

BAKED SOLE OR FLOUNDER.

Sole or Flounder.

Butter, 1 tablespoon.

Milk, 1 teacup (about).

Pepper and Salt.

Scale fish and cut off fins. Do not remove head. Put into a flat baking dish or meat tin, with dark side of fish under. Season and pour milk over. Put butter in small pieces over the fish. Cook in fairly hot oven 10 to 15 minutes. Baste with the milk and

butter two or three times while cooking. When fish leaves the bone it is cooked. Lift on to a hot dish and pour gravy over. If the fish is large cut before cooking into suitable pieces for serving. Use a pair of kitchen scissors, or a large knife, to cut through the bone. Brill, plaice, turbot, butterfish, trevalli also are suitable for this method of cooking.

FISH CUTLETS BAKED IN MILK.

(Fish suitable: Groper, ling, eel, or fresh salmon.)

Fish Cutlets, 1 lb.
Onion, 1 small.
Bacon.

Pepper and Salt.
Milk, 1 teacup.

Put the cutlets into a shallow dish or meat tin. Cover with the thinly-sliced onion and a few small pieces of bacon. Season and pour milk over. Bake 10 to 15 minutes, basting once or twice. Remove to a hot dish and serve with the gravy poured over.

For ling or eel cook under cover for the first ten minutes, then 10 minutes longer without the lid.

BAKED GROPER.

(Ling or conger eel are equally suitable.)

Groper, 3 or 4 lb.
Dripping, 2 tablespoons.
Milk, 2 tablespoons.

Potatoes, 6 or 8.
Parsnips, 3 or 4.
Pepper and Salt.

Choose a thick piece of fish. Put in a baking tin and cut vegetables as for baking. Put milk into a saucer and dip each piece of vegetable into the milk before placing around the fish. Pour what milk remains over the fish. Season fish and vegetables and place dripping on top of fish. Bake in a steady oven about 1 to 1½ hours. Baste several times during the cooking.

BAKED AND STUFFED FISH.

Fish, 1 medium size or several smaller.	Bacon, 2 or 3 slices.
Onions, 2-3.	Flour, 1 tablespoon.
Tomatoes, 2-3.	Milk, a little.
Dripping, 1 tablespoon.	Force meat.
	Pepper and Salt.

Scale fish and remove fins. Wipe with a damp cloth. Season well and fill with force meat. Sew up the opening. Put fish and dripping in baking tin with the vegetables around. Place the bacon on top of the fish. Cover with greased paper until about half cooked. Remove paper and allow fish to brown. When fish is cooked put on a hot dish with bacon on top. Add a little hot water to the vegetables and thicken the gravy with the flour and milk mixed to smooth paste. Stir until boiling and pour around the fish.

An excellent method of cooking trout or any medium-sized thick fish.

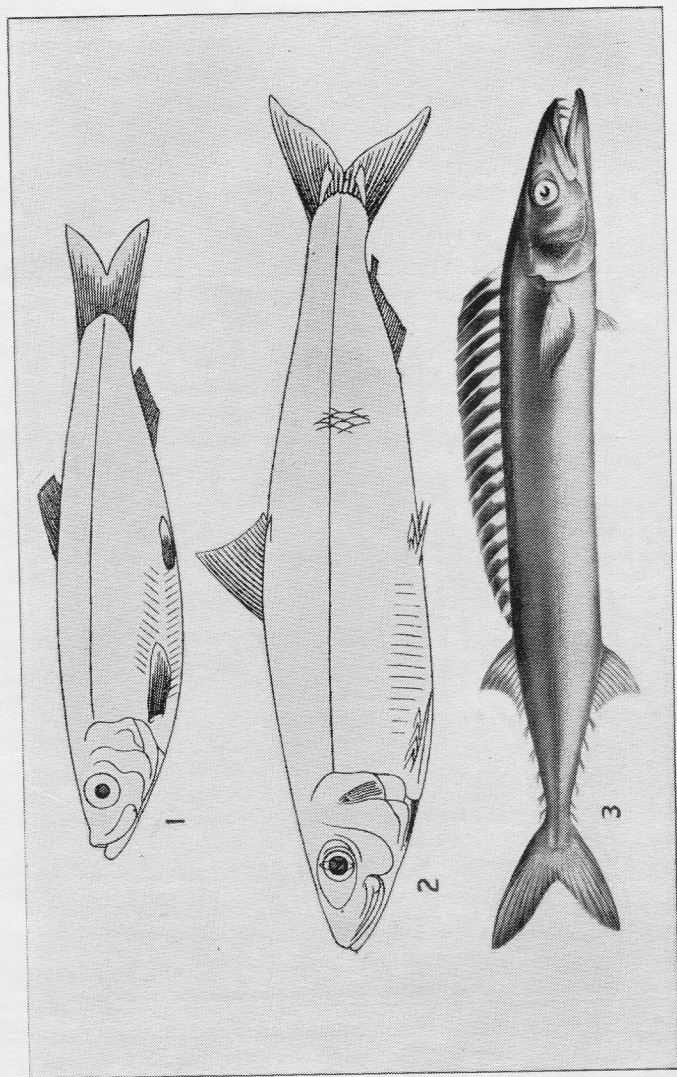
BAKED GURNARD.

Scale and remove fins and tail. Fill with a good force meat and sew up the opening. Brush the fish over with melted dripping, then coat well with flour. Place in baking tin with a little dripping and put slices of bacon on top. Bake under a greased paper until nearly cooked, then remove paper and allow the fish to brown and the bacon to crisp.

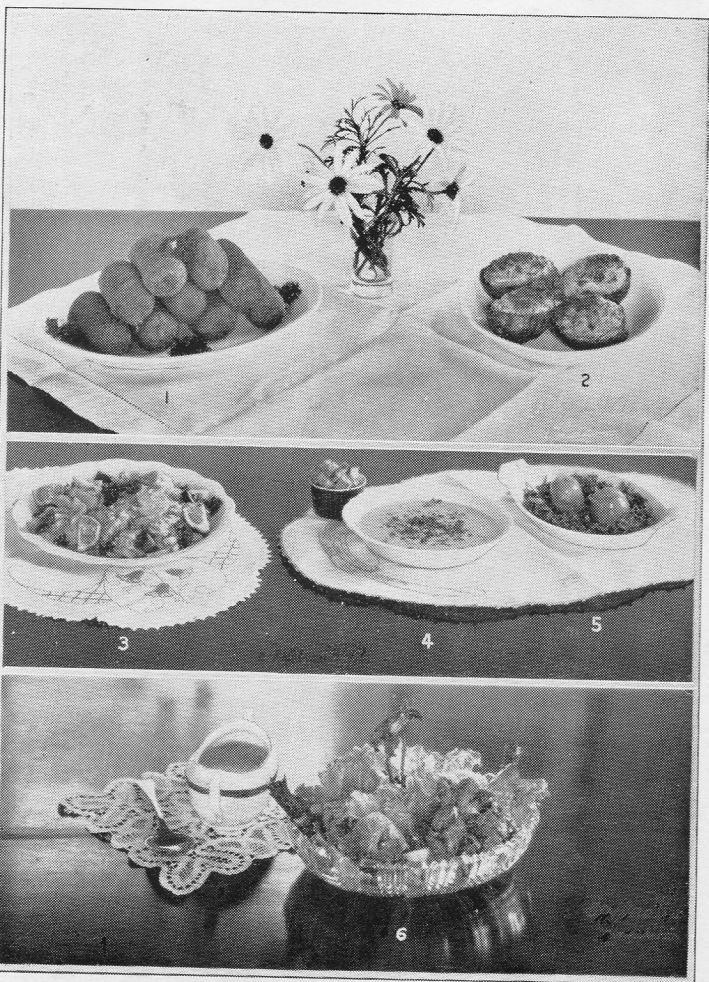
CASSEROLE OF FISH.

Fish, 1 lb.	Parsley, finely chopped, 1 tea-
Onion, a little.	spoon.
Tomatoes, 2 or 3.	Butter, 1 oz.
	Seasoning.

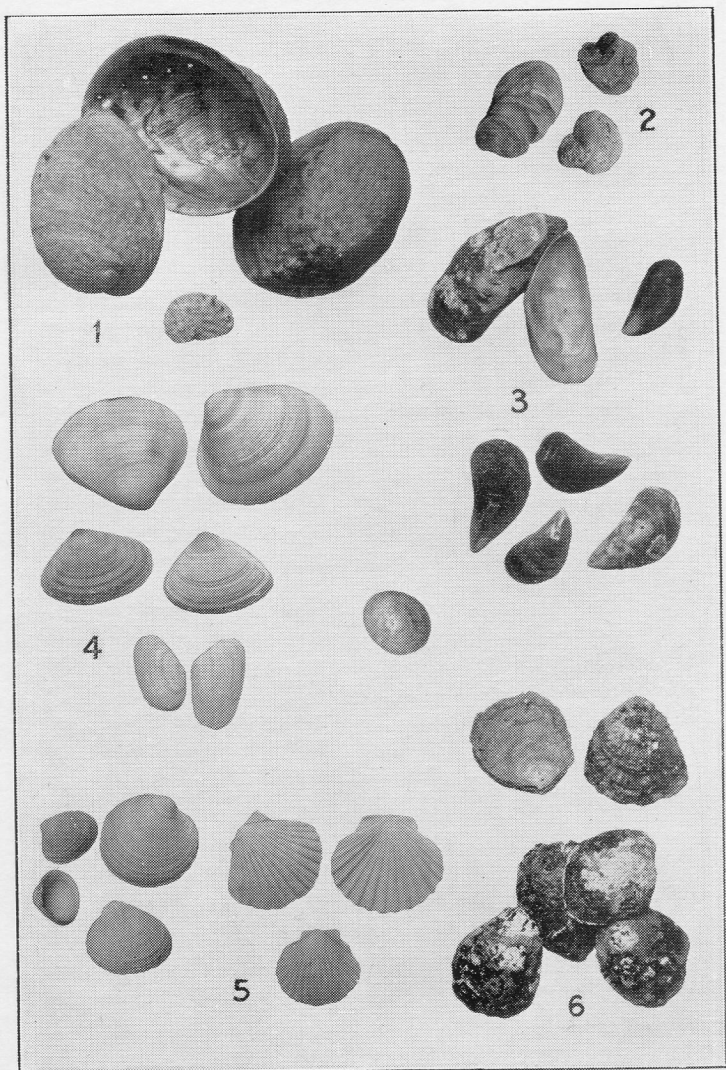
Put the fish cut into slices, lightly flavoured and seasoned, in the well-greased casserole. Sprinkle with the finely-chopped onion and parsley—season



1. New Zealand Sprat. *Transactions of the New Zealand Institute*. Vol. 15. (Arthur's Papers).
2. New Zealand Pilchard. *New Zealand Journal of Science and Technology*. Vol. 7. No. 3. (Philipps' Paper).
3. Barracouta. *Records of the Australian Museum*. (Waite's Papers).

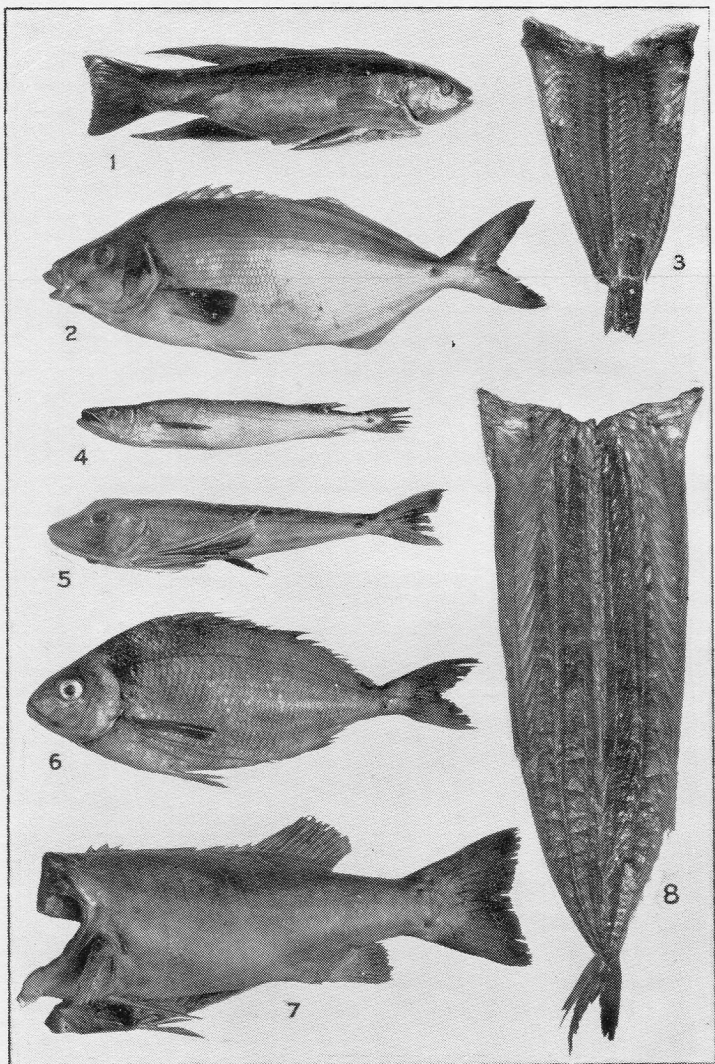


1. Oyster Sausages, page 34.
2. Fish in potato cases, page 56.
3. Pipi Chowder, page 52.
4. Fish-head soup and Croutons, page 91.
5. Oysters in Jelly, page 67.
6. Crayfish Salad and Dressing, page 64.



1. Paua (Mutton Fish).
 2. Rock Oysters.
 3. Mussels.

4. Pipsis.
 5. Scallops.
 6. Stewart Island Oysters.



1. Butterfish. 3. Blue Cod (Smoked). 5. Gurnard. 7. Groper.
2. Moki. 4. Whiting. 6. Terekihi. 8. Barracouta (Smoked).

each layer. Place small pieces of butter on top. Put on casserole lid and cook about 20 minutes in a steady oven. Add the sliced and seasoned tomatoes for the last 10 minutes of cooking. Serve from the casserole.

BAKED FISH IN CHEESE SAUCE.

(Use flat fish as sole or flounders or fish cutlets.)

White Sauce II., $\frac{1}{2}$ pint.
Grated Cheese, 2 oz.

Made Mustard, 1 teaspoon.

Prepare the fish and place in a greased baking dish. Cover with greased paper and bake 10 to 15 minutes. Stir mustard and grated cheese into the white sauce and pour over the fish. Return to the oven and bake without the cover for about 10 minutes longer.

SKATE.

Skate is one of the cheapest yet one of the most nutritious fish. In the English market it is in considerable demand, but until recently it has had only a limited sale in New Zealand.

It is on the market in the form of wings or flaps, and as such contains practically no bone. On this account as well as on account of its nutritive value it is especially suited for children.

There is very little waste.

BAKED SKATE.

Skate, 1-2 lb.
Forcemeat.
Dripping.

Breadcrumbs.
Beaten Egg, a little.

Remove the dark skin from the skate and cut into suitable pieces for serving. Put a layer of fish into a greased baking tin. Season. Cover with a layer of

forcemeat and another layer of seasoned fish. Cover with a greased paper and bake in a steady oven about 20 minutes. Remove the paper, brush lightly with beaten egg, and sprinkle well with oiled bread-crumbs. Return to the oven to brown, about 10 minutes.

Serve on a hot dish decorated with lemon quarters and small bunches of parsley.

BAKED SOLE.

Scale the fish and remove fins and tail, but not the head; sprinkle lightly with salt and leave for half an hour. When ready to cook wipe the fish as dry as possible. Melt about an ounce of butter or good dripping in a baking tin. Dip the fish into this, coating both sides. Place the fish in the tin with the dark skin under. Bake in a sharp oven 10 to 15 minutes. Baste while cooking. Lift carefully on to a hot dish and pour over any liquid from the tin. The fish should be lightly browned when cooked.

This is a good method of cooking small or medium-sized fish, fillets, or cutlets of larger fish. Time for cooking depends on thickness of fish.

BAKED SPRATS.

Very small fish may be baked without removing the inside. When eating the fish, the internal organs will be found in a small ball in the body cavity, and are left in the skeleton. There is less trouble from the bones when eating if the fish has not been opened.

Scale the fish and cut off fins and tail. Melt about an ounce of butter in a baking tin. Place the fish heads and tails in the hot butter, pouring a little of

the butter over each fish. Sprinkle with pepper and a little salt.

Bake 10 to 15 minutes. Baste while cooking.

Lift carefully on to a hot dish, and decorate with lemon quarters and parsley.

BAKED WHITING—I.

Whiting, 3 or 4.
Chopped Parsley.

Breadcrumbs.
Butter or good Dripping.

Scale and clean the fish. Reserve the liver and chop finely, mix with the breadcrumbs, add chopped parsley and a grating of nutmeg, pepper and salt. Put some of this mixture inside each fish. Wrap each fish in well-greased butter paper, twisting the ends to keep in the juices. Put in a greased pie-dish and bake about 20 minutes.

To dish.—Remove from the paper, put on to a hot dish, and pour over any liquid that has run from the fish.

BAKED WHITING—II.

Whiting, 3 or 4.
Bacon, a slice.

Mushrooms, 2 or 3.
Parsley and other Herbs.

Clean and skin the whiting. Chop the liver fine and add to it the chopped bacon, mushrooms, and herbs. Season well. Put some of the mixture inside each fish. Twist the tail of the fish into the mouth and keep in place with a small skewer. Place in a greased baking tin and cover with greased paper. Bake about 20 minutes.

If cooked in a shallow casserole or pyrex dish they are served from the dish in which they are cooked. Decorate with parsley and lemon.

FORCEMEAT.

Forcemeat should be well mixed and carefully seasoned. All chopped ingredients should be finely chopped. If the forcemeat is to hold its shape as for forcemeat balls for soup, it needs an egg for binding. If to be used as stuffing the egg may be omitted.

Any of the forcemeat recipes may be used, and variety obtained by adding different ingredients to flavour.

1. Grated lemon rind.
2. Grated nutmeg (a little).
3. Chopped ham or bacon.
4. Fish liver boiled a few minutes and finely chopped.
5. Tomato pulp or sauce.
6. Grated celery.
7. Chopped oysters, pipis, or cockles.
8. Sardines.
9. Anchovy sauce or paste.
10. Grated or finely chopped onion.

Forcemeat I.

Breadcrumbs, 4 oz.
Suet or Dripping, 1 oz.
Egg, 1.

Parsley, finely chopped.
Thyme or Mixed Herbs.
Onion, a little.

Parboil the onion and chop finely. Mix all ingredients well together, getting as smooth a mixture as possible. Drop in the unbeaten egg and mix until the mixture binds well. Add pepper and salt.

Force meat II.

Stale Bread, $\frac{1}{4}$ lb.	Parsley, finely chopped.
Suet or Dripping, 1 oz.	Thyme, rubbed finely.
Pepper and Salt.	Lemon Rind, a little.

Soak the bread in cold water for a few minutes. Put into a cloth and squeeze dry. Now work through a wire sieve or strainer to remove all lumps. Mix in other ingredients, being sure that everything is chopped or grated finely. If too soft add a little flour. Season well.

Force meat III.

Dried Breadcrumbs, 2 oz.	Onion, a little.
Suet or Dripping, 1 oz.	Nutmeg, a little.
Parsley, finely chopped.	Pepper and Salt.

The crumbs should be fine and not over browned. Cover well with cold water and soak about 10 minutes. Put into a cloth and squeeze quite dry. Add the grated onion and the finely chopped suet and parsley, with just a grating of nutmeg. Season carefully. If too dry a little milk or egg may be added to bind the mixture. If too wet a little flour should be used.

Oyster Force meat.

Breadcrumbs, 1 cup.	Chopped Parsley, 1 teaspoon.
Butter (melted), 1 tablespn.	Oysters, 6 or 8.
Onion Juice, few drops.	Pepper and Salt.

Chop the oysters and mix all ingredients thoroughly. A beaten egg may be added if the force meat is to be firm when cooked. Pipis or cockles are excellent in force meat. After opening the shells by heating for a few minutes in the oven or in a saucepan, remove the beard from the fish and mince or chop finely. Cut the soft part into two or three pieces, and mix both minced beards and this into the force meat.

TO BOIL FISH

When a fish-kettle is not available, place the prepared fish on a plate. Tie fish and plate in a cloth, place in sufficient hot water to cover, and simmer very gently until fish leaves the bone. Add salt and a little lemon juice or vinegar to the water before putting the fish in to cook. When cooked, remove the cloth, and drain fish well. Use water from boiling for soup or sauce. Slip on to a hot dish. Garnish with sliced lemon and parsley, and serve with a good sauce. Suitable sauces are parsley, egg, or anchovy.

BOILED SKATE.

Skate, 2-3 lb.
Vinegar, 1 teacup.
Parsley, Thyme.

Salt.
Whole Peppers, 2 or 3.
Onion, a little.

Put the fish into boiling water with the seasonings and simmer very gently until tender. Remove the skin before serving and cover the skate with caper or parsley sauce to which a few drops of vinegar or lemon juice have been added.

SKATE.

Skate, 2 lb.
Onion, 1.
Lemon, 1.
Butter, $\frac{1}{2}$ tablespoon.

Cloves, 2.
Bay Leaf.
Chopped Capers.
Vinegar, $\frac{1}{2}$ teacup.

Add cloves, half a lemon and onion to enough water to cover fish. When boiling add fish and cook until fish is tender. Drain fish well and remove skin. Sprinkle with the lemon juice and chopped capers. Brown butter in saucepan. Add the vinegar and while hot pour over the fish.

BOILED SKATE WITH SHELL-FISH SAUCE.

Skate, 2-3 lb.

Milk, 1 cup.

Butter, 2 tablespoons

Flour, 2 tablespoons

Cockles or Pipis, 1 or 2 dozen.

Mace, Pepper, and Salt.

Put the skate into enough boiling salted milk and water to cover barely. Beard the shell-fish and add the beards and a blade of mace. Simmer very gently until the fish is cooked, from 30 to 45 minutes. Lift fish on to a hot dish and remove skin. Strain the liquid and return to the saucepan. Rub butter and flour to a smooth paste, add to the hot liquid, and stir until boiling. Add soft part of the shell-fish, and when quite hot pour over the skate.

A little vinegar or lemon juice added to the sauce is an improvement.

SALT FISH AND PARSNIPS.

Fish.

Parsnips.

Milk.

Butter, 1 tablespoon.

Flour, 2 tablespoons.

Vinegar, a little.

Wash the fish well in warm water. Soak in fresh warm water over night. Wash again before using and put on to cook in equal quantities of cold milk and water. When liquid is boiling add the prepared parsnips, and simmer gently until fish and vegetables are cooked. Place parsnips around a hot serving dish and pile cooked fish in the centre. Make a sauce by thickening some of the liquid with the flour and butter rubbed to a smooth paste. Stir until boiling, add vinegar or lemon juice, and season well. Pour over the fish and parsnips, and sprinkle with finely chopped parsley.

SMOKED FISH AND POACHED EGGS.

Cut off tail and fins and wipe over with a damp cloth. Place in a frying pan or baking tin and cover with milk and water. Simmer gently about 10 minutes. Remove to a hot dish and put a few pieces of butter on the fish. Place in oven to keep hot. Poach two eggs in the milk and water in which the fish was cooked. Serve these on top of the fish, allowing them to break over the fish.

TO BROIL OR GRILL FISH.

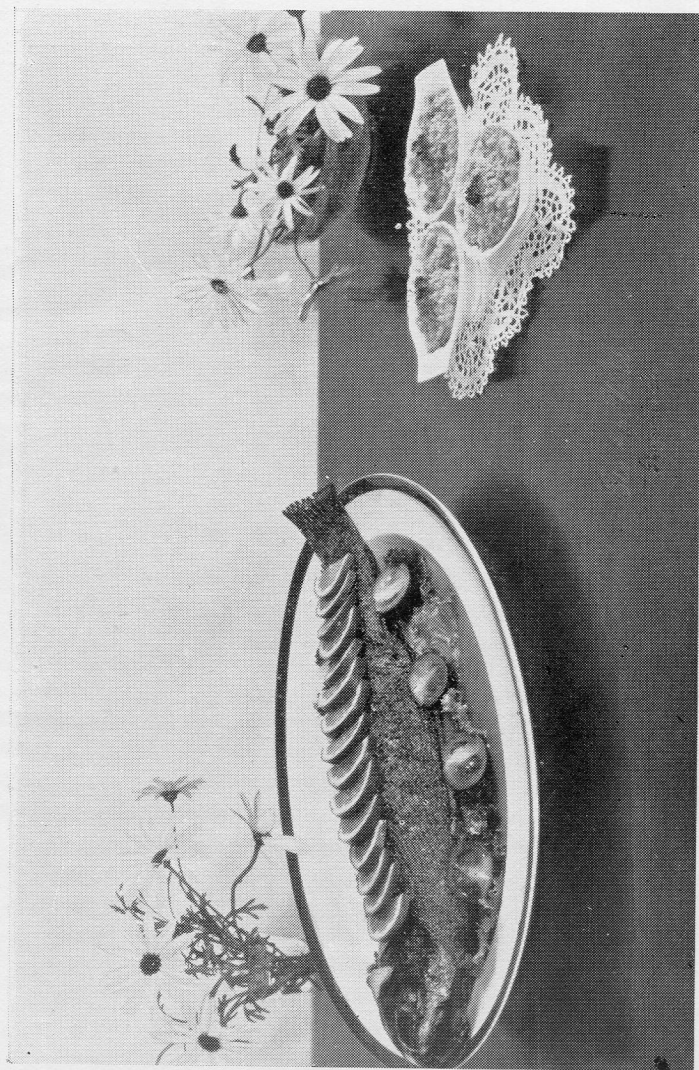
This may be done over a clear bright fire—under the gas, or in the electric oven.

The fish must be thoroughly dried. Brush over with a little melted butter or good dripping. Have the gridiron or toaster thoroughly hot, grease and place the prepared fish on the hot iron. Turn once or twice during the cooking, using a knife, fish slice, or a knife and spoon for the purpose. When fish is cooked, season with salt and pepper, and serve at once on a hot dish. The fish may be split open and backbone removed before broiling.

SMOKED FISH.**To Grill or Broil.**

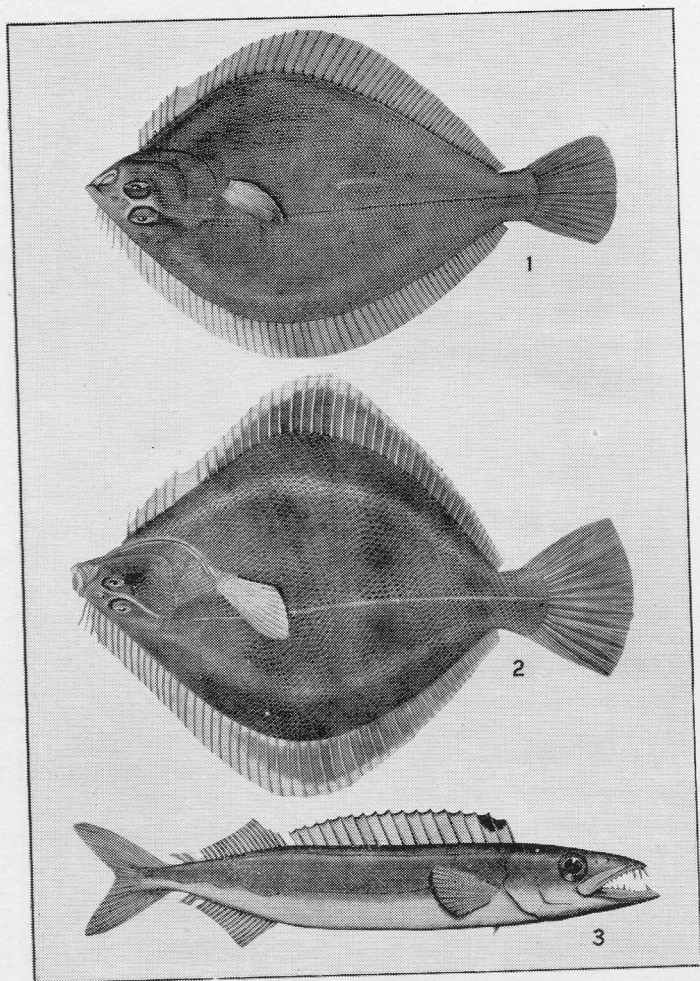
Cut off fins and tail and soak the fish in warm water for half an hour to remove some of the salt. Wipe as dry as possible. Brush over with melted dripping or butter. Heat the toaster or gridiron well, rub with suet or other fat, and cook the fish on the skin side first, then turn and cook on the other side.

To serve.—Place on a hot dish and break over the fish a lightly boiled egg, or spread with butter. Serve with sliced lemon.



Baked Butterfish, page 19.

Scalloped Cockles. (Individual Service), page 84.



1. Greenback Flounder. *Records of Canterbury Museum*, Vol. 1, Plate 36. (Edgar R. Waite.)
2. Dab. *Records of Canterbury Museum*, Vol. 1, No. 3. (Edgar R. Waite.)
3. Kingfish. *Records of Canterbury Museum*, Vol. 1, No. 3. (Edgar R. Waite.)

TO BROIL FRESH FISH.

Cutlets, fillets, or whole fish may be used. For whole fish scale and clean. Cut off fins, tail, and head, and split the fish open lengthways. Brush the fish with melted butter or dripping and then coat with flour. Have the gridiron well heated and well greased. The whole fish should be grilled on the skin side first.

When cooked spread with a little butter and serve with sliced lemon.

Small fish, as sprats, herring, etc., may be grilled without splitting.

TO GRILL SMALL FISH.

Scale fish and cut off fins. Remove the inside or not as you like. Take a long skewer and pass through the head of the fish. Put six or eight fish on each skewer. Brush over with melted butter or dripping. Put across the bars of a well-heated and well-greased gridiron. When cooked on one side take hold of the skewer and turn over, thus turning the whole of the fish on one skewer at the same time.

If the inside of small fish is not removed before cooking it will be found in a small ball in the bony cavity of the fish. It does not detract from the appearance of the fish and rather adds to the flavour by preventing the loss of juices which takes place when fish is cut before cooking.

Pilchard, sardine, sprat, etc., are suitable for cooking in this way.

TO FRY FISH

The prepared fish must be well dried. If large, cut into suitable pieces for serving. It may be coated by dipping in milk and coarse oatmeal, in egg and breadcrumbs, or in batter.

The frying may be done in a frying pan in a small quantity of fat, turning the fish that it may brown on both sides. Better results are obtained, however, by using a stew pan and enough fat to cover the fish. In either case the fat must be well heated, just beginning to smoke when the fish is put in. When well browned drain fish on soft paper and serve with sliced lemon. Although fried fish has a good flavour, the method is not to be recommended. If the frying fat is not sufficiently heated it will soak in, and the fish becomes greasy. If on the other hand the fat is made very hot, a chemical change takes place which renders the food difficult to digest. Oil is the best medium for frying, though firm clarified fat is more generally used. Butter is not a good fat to use for frying as it scorches at too low a temperature.

To Fry in Deep Fat.

Use a large saucepan or stew pan not more than half full of fat—about 2 lb. of clarified dripping is needed. The fat must be quite free from gravy or water. Heat the fat slowly. When the fat begins to smoke it is ready to use. Do not cook too much at one time or the fat will cool and the food will not brown. Keep up the heat while using, but directly the cooking is finished lift the fat away from the heat, and when cooled a little strain through muslin or a fine sieve.

If care is taken not to allow the fat to burn and to strain out any pieces, the fat may be used a

great many times. Deep frying is the most economical and most satisfactory method of frying.

To Fry Parsley.

Do not pick from the stalks, but wash well in small sprays. Toss in a cloth until free from moisture, or place in a cool oven for a few minutes. Have deep fat smoking hot. Put a few sprays of parsley into a frying-basket and put into the hot fat, lifting out again almost at once. Do not fry much at one time or the fat will bubble over.

BATTER.

Egg, 1.	Butter, $\frac{1}{2}$ tablespoon.
Milk and Water, 1 teacup.	Flour, 4 tablespoons.

Sift flour and pinch of salt into basin. Drop in the unbeaten egg and a little milk. Work in milk and flour gradually until you have a smooth batter. Beat ten minutes. Allow to stand one hour or longer. Just before using add the melted butter. Coat fish with flour before putting into the batter.

EGGLESS BATTER.

Milk, $\frac{1}{2}$ pint.	Flour, 2 oz.
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Mix gradually until free from lumps, then beat well. Allow to stand for at least one hour. Add salt and pepper. If too thick a little water may be added.

This may be used for coating fish or for fritters. When used for fritters, finely chopped parsley may be added.

BATTER AND CRUMBED FISH.

Fish Cutlets or small Fish.	Flour, 2 tablespoons.
Milk or Water, 1 teacup.	Breadcrumbs.

Make a batter with the flour and milk or water. Beat until quite smooth. Coat the fish with a little flour seasoned with salt and pepper. Have breadcrumbs on a piece of paper. Dip the floured fish into the batter and then lift each piece on to the crumbs. Lift the ends of the paper and shake crumbs over. Press firmly on with a knife. Fry in smoking hot fat and serve with sliced lemon.

TO EGG AND CRUMB FISH.

Beat egg on a plate, add a little milk or water and salt and pepper. Put sifted breadcrumbs on to a paper. Flour the fish then put into the beaten egg. It may be turned with knife and spoon or a pastry brush may be used, but every part must be covered with the egg. Lift the fish up and drain for a second, then put on to the crumbs. Take the ends of the paper and shake crumbs over the fish. Lift fish and shake off loose crumbs. Put aside ready for frying.

TO COAT WITH OATMEAL.

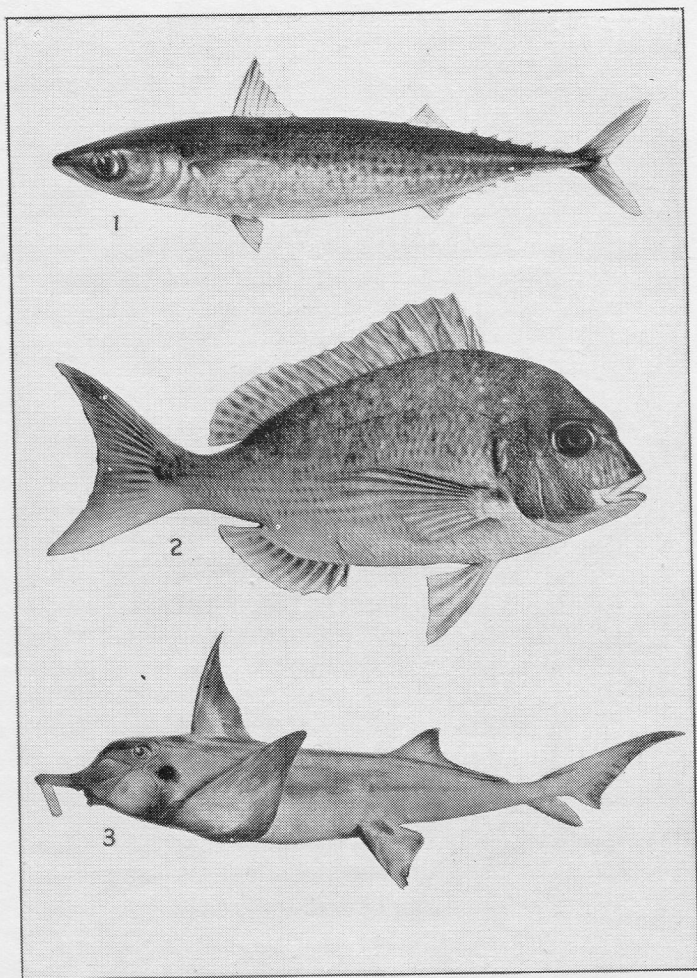
Put oatmeal on to a large piece of paper. Dip the fish into milk then put on to the oatmeal. Lift ends of the paper and shake the meal over. Put salt and pepper in the milk. Fry in deep fat.

“ANGELS ON HORSEBACK.”

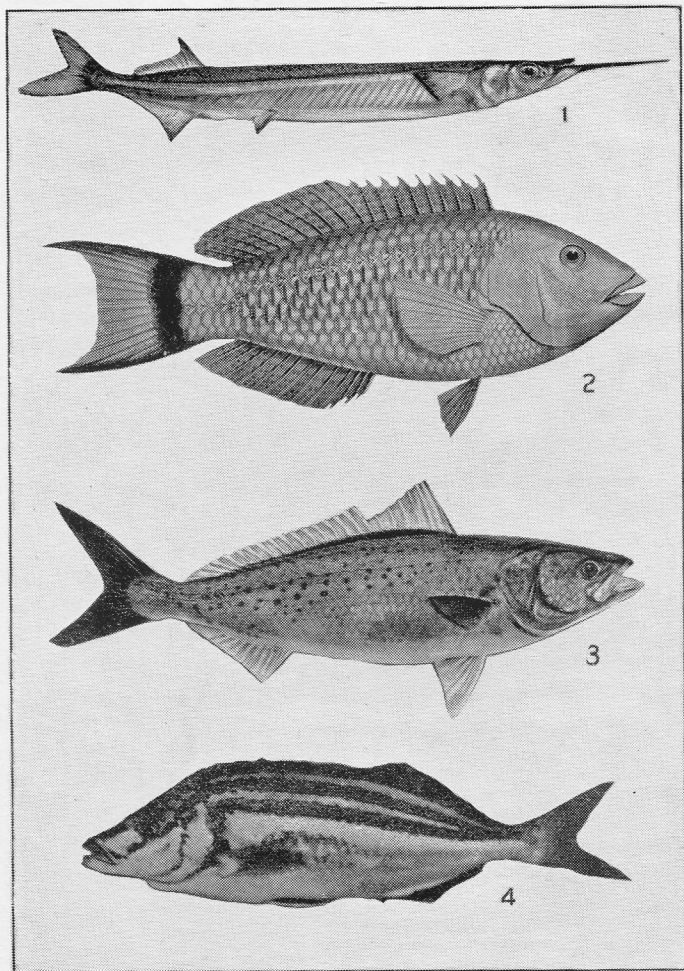
Oysters.
Bacon.

Chopped Parsley.
Lemon Juice.

Cut the bacon into thin pieces, just long enough to wrap around the oysters. Sprinkle each piece of bacon with the finely-chopped parsley and pepper.



1. Mackerel. *Fishes of Australia and Their Technology.* (T. C. Roughley.)
2. Red Bream (Young Snapper). *Fishes of Australia and Their Technology.* (T. C. Roughley.)
3. Elephant Fish. *Records of the S. Australian Museum.* Vol. 2. (Waite's paper.)



1. Sea Garfish. *Fishes of Australia and Their Technology*. (T. C. Roughley.)
2. Parrot Fish. *Records of Canterbury Museum*, Vol. 1, No. 3. (Edgar R. Waite.)
3. Kahawai. *Fishes of Australia and Their Technology*. (T. C. Roughley.)
4. Trumpeter. *History of Portobello Fish Hatchery*. (G. M. Thomson.)

Put an oyster on each piece of bacon, add a few drops of lemon juice, and roll up. Secure the bacon with tooth-pick or small wooden skewer. Fry or bake until the bacon crisps. Serve on small rounds of fried bread. Garnish with parsley and sliced lemon.

Do not over-cook or the oysters will become tough.

Cockles, mussels, or pipis may be cooked in the same way.

RED COD—TO FRY.

Cod, 1 or 2.

Milk, a little.

Flour, 2 tablespoons.

Skin and fillet the cod and cut into suitable pieces for cooking. Sprinkle lightly with salt and leave to firm for ten or twelve hours. Drain and wipe carefully. Make a batter with the flour and milk. Dip each piece of fish into seasoned flour then into the batter. Have breadcrumbs on paper, put the coated fish on this. Take the ends of the paper and shake crumbs over. Fry in deep smoking hot fat. Drain on soft paper. Serve with sliced lemon.

FISH FRITTERS.

Cooked Fish, $\frac{1}{2}$ lb.

Warm Water, 1 teacup.

Flour, 4 oz.

Salt and Pepper.

Egg, 1.

Frying Fat.

Beat the yolk of the egg and add gradually the warm water. Sift flour and salt into basin and mix with the egg and warm water to a smooth batter. Beat well. Allow to stand about 1 hour. Fold the stiffly beaten white of egg into the batter and add the flaked fish. Drop the mixture in spoonful into smoking hot fat. Drain, pile on folded napkin, and serve with sliced lemon.

OYSTER SAUSAGES.

Oysters, 1 doz.
Veal, 1 lb.
Stale Bread, 4 oz.

Butter or Suet, 2 oz.
Egg, 1.

Drain the oysters and put through a mincer with the veal, suet if used, and bread. If butter is used in place of suet melt and add to the mixture with the beaten egg. Season. With a fork work to a smoothed paste. Put on to a floured board and form the rolls. Fry in deep fat until a pale brown. May be dipped in egg and crumbs before frying.

OYSTER FRITTERS.**Batter.**

Egg, 1.
Milk, $\frac{1}{4}$ pint.
Salt and Pepper.

Butter, $\frac{1}{2}$ oz.
Flour, 2 oz.

Sift flour into basin with pinch of salt. Beat the egg and add to the flour with the milk and melted butter. Beat well, then allow to stand one hour or longer. Drain the fish, coat with seasoned flour and put into the batter. Lift one by one into smoking hot fat and fry to a delicate brown. Pile on a folded napkin and serve with lemon quarters.

TOHEROA FRITTERS AND BACON.

Egg, 1.
Milk and Water, 1 teacup.
Salt and Pepper.
Baking Powder, $\frac{1}{4}$ teaspoon.

Butter (melted), 1 tablespoon.
Flour, 6 level tablespoons.
Toheroas or other Shell-fish.

Make a batter with the sifted flour, salt, beaten egg, and milk. Beat well. Stand if possible, and just before using add the melted butter and the baking powder. Chop or mince the fish, and add to the batter. Fry in spoonsful in smoking hot fat.

If shallow fat is used they must be turned to brown on both sides. Drain on soft paper. Pour any remaining fat out of the pan and fry a few slices of bacon to serve with the fritters.

If to be served for breakfast the batter may be made over night and the melted butter and baking powder added just before using.

Cockle or pipi fritters are excellent.

WHITEBAIT FRITTERS.

Eggs, 2.	Baking Powder, 1½ teaspoons.
Milk, 1 teacup.	Flour, 1 breakfastcup.
Butter, melted, 1 tablespoon.	Salt and Pepper.

Separate whites from yolks of eggs. To the well-beaten yolks add milk and flour alternately, and beat well. Stir in baking powder, fold in lightly the stiffly beaten whites of the eggs.

Put whitebait in strainer or colander and wash carefully. Turn on to a clean cloth. Take the ends of the cloth and move fish along until they are free from water. Fold lightly into the batter.

Have good dripping smoking hot in frying pan. Put fritters by spoonful in the smoking fat and fry on both sides until brown. If fried in deep fat the fritters will not need to be turned. Drain on soft paper and serve decorated with parsley and sliced lemon.

TO SKIN AND FILLET FISH.

Put the fish flat on paper or board, make a cut just through the skin above the tail. Hold the tail firmly on the board, and with a cloth in the other hand quickly tear off the skin up to the head. Skin both sides before filleting.

To Fillet.—With the fish still on the board cut down the backbone from head to tail. Put the knife against the backbone, and carefully separate the flesh from the bones, keeping the knife gently pressed against the bones as you cut.

FILLETED FISH WITH TOMATOES AND MUSHROOMS.

Fish.	Onion, 1.
Tomatoes, 3 or 4.	Parsley.
Mushrooms, 3 or 4.	Butter.

Prepare the fish and place in a greased baking dish. Bake under cover for about 20 minutes. Slice the onion and fry in the butter until browned. Add parsley, sliced tomato, and enough water to barely cover. Simmer about half an hour. Strain into a basin, working through as much pulp as possible. Put a little more butter in the saucepan and in this fry the prepared and chopped mushrooms. Remove from the fire and stir in a tablespoon of flour. Add the strained tomato pulp and stir over the fire until boiling. Season and pour over the baked fish.

FILLETED SOLES AND CHEESE SAUCE.

Fillets of Fish.	White Sauce (page 70), 1 break-
Cheese, 1 tablespoon.	fastcup.

Fillet the fish, removing the dark skin. Put into a baking dish with a little milk. Season and bake slowly under cover about 20 minutes. Remove to a fire-proof serving dish. Make the white sauce, adding two or three chopped mushrooms and the grated cheese. Pour this sauce over the fish and brown lightly in the oven.

STEAMED FILLETS OF FLOUNDER.**An Invalid Dish.**

Filletts, 4.

Butter, $\frac{1}{2}$ tablespoon.

Salt and Pepper.

Parsley, finely chopped.

Sprinkle pepper and salt on each fillet and a squeeze of lemon juice. Fold over each piece of fish to have the seasoning between, and place on a well-greased plate. Cook over a saucepan of boiling water 10 to 15 minutes. Cover with the lid of the saucepan or another plate. When cooked, arrange neatly on a hot plate, pour any liquid over and sprinkle with finely chopped parsley. Serve with thin bread and butter or toast fingers.

FLAKY PASTE.

Butter and lard or good margarine may be used.

Flour, 8 oz.

Fat, 6 oz.

Sift flour and salt into basin. Chop about 1 oz. of the fat into the flour, then rub lightly in. Mix to a firm paste with cold water. Add only a little water, working to a dry paste before adding more. Turn paste on to floured board and roll to rather a thin sheet. Divide remaining fat into four parts. Put one part of the fat in small flakes over two-thirds of the pastry. Fold paste in three, close ends, turn over and roll. Repeat until all the fat is used. Roll to size needed.

PUFF PASTE.

(For Vol au vent or Patty Cases.)

Flour, 4 oz.

Pinch of Salt.

Butter, 4 oz.

Cold Water.

Sift flour and salt and work to a medium dough with the cold water. Roll out on a floured board. Fold the whole of the butter in the centre of the

rolled out pastry. Pat out and then roll to rather a thin sheet. Fold in three, closing in as much air as possible. Turn over and half around. Pat again and roll as before. Repeat until the paste has been rolled out **seven** times. Cut out an even number of rounds with a pastry cutter. With a small cutter mark a small cap in the centre of half the number of rounds, not cutting quite through the pastry. Place these rounds on top of the plain ones. Cook 10 to 15 minutes in a very quick oven.

To fill.—With a fork remove the little cap. Fill the case with mixture, and replace the cap. Make thoroughly hot before serving.

ROUGH PUFF PASTE.

Flour, $\frac{1}{2}$ lb.

Fat, 6 oz.

Sift flour and salt into mixing bowl. Chop the fat in roughly and mix to a firm dough with a **little cold** water. Turn on to a floured board and roll out fairly thin. Fold in three, close the ends, turn paste over and roll again. After the fourth rolling the paste is ready to use.

Pastry is improved if allowed to stand in a cool place for about 10 minutes between each rolling.

Use a knife for mixing pastry, and during the making keep it as cold as possible. Pastry should be cooked in a hot oven.

ANCHOVY SAVOURY.

Anchovy Paste.
Grated Cheese.

Puff or Flaky Paste.

Roll the paste out and sprinkle with some of the cheese, add a dusting of pepper. Fold in three, roll and repeat. Roll again and cut in half. Mix the

anchovy with a little cream or butter and spread **thinly** over one half of the paste. Cover with pastry and cut into neat fingers. Brush the top with milk and sprinkle with the remaining grated cheese.

CRAYFISH PATTIES.

Crayfish, 1 small.
Patty Shells, 1 doz.

White Sauce II. (p. 70), $\frac{1}{2}$ pint.

Make a rich and rather thick white sauce. Cut the tail flesh of the crayfish into small pieces and mix into the sauce. Add a few drops of lemon juice. Remove caps from pastry shells. Fill cases with the mixture, replace caps, and make thoroughly hot before serving.

Any creamed mixture may be used as a filling for patty shells.

CRAYFISH PIE.

Crayfish.
White Sauce, $\frac{1}{2}$ pint.
Pastry.

Hard-boiled Egg.
Breadcrumbs.

Cut up flesh of crayfish. Chop the white of egg, sieve the yolk and add to the sauce. Fill a greased pie dish with alternate layers of fish and sauce. Cover the top layer of sauce with oiled breadcrumbs. Cut the pastry into a number of tiny rounds. Pinch one side together to form small lilies. Put these over the top of the pie. Brush with beaten egg. Bake 30 minutes.

FISH PIE—I.

Suitable fish, ling, eel, groper, fresh salmon.

Fish, 1 lb.
Forcemeat.

White Sauce, 1 teacup.
Pastry to cover.

Cut the fish into cutlets and put a layer into a greased pie dish. Cover with a layer of forcemeat, and repeat until the dish is full. Pour in a little

milk and cover with flaky or rough puff paste. Brush with egg and milk and bake in a sharp oven about three-quarters of an hour. Make the white sauce (p. 70) and just before serving pour the hot sauce into the pie.

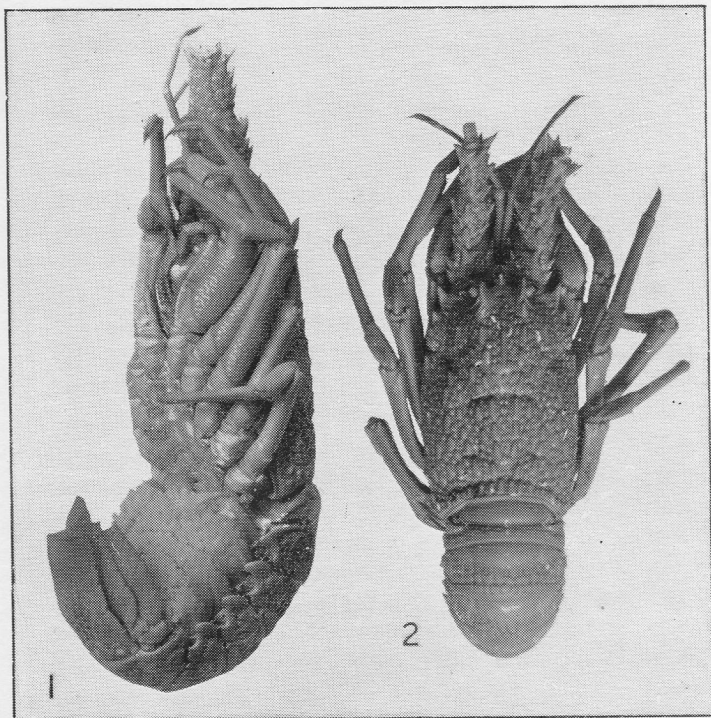
FISH AND POTATO PIE.

Cooked flaked Fish.	Mashed Potatoes, 1 lb. (about).
White Sauce II (p. 70), 1	Butter, 1 tablespoon.
teacup.	Grated Cheese, 1 oz.
Finely-chopped Parsley, 1 tea-	Milk, $\frac{1}{2}$ teacup.
spoon.	

Mix the butter, cheese, and milk into the well-mashed potatoes. Season well. Line a well-greased pie dish with the potato, reserving some for the top. Put flaked fish, chopped parsley, and white sauce together and fill up the dish. Cover the top with the remaining mashed potato. Decorate the top and bake in a sharp oven until well browned. This may be put into a greased basin, covered with greased paper, and steamed half to three-quarters of an hour. Turn on to a hot dish.

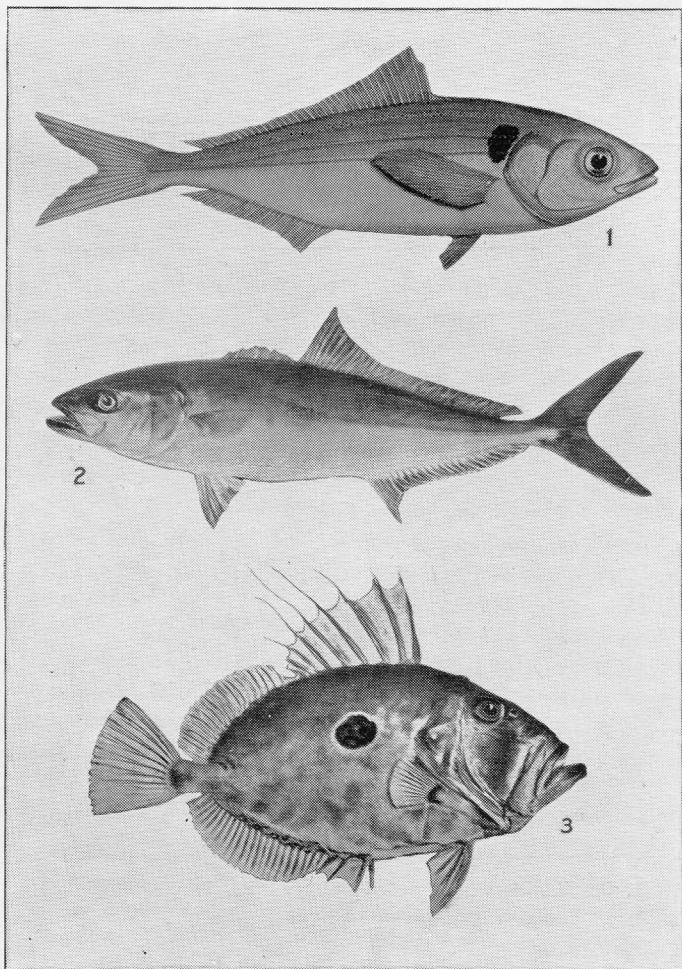
FISH PUDDING.

Take any boiled fish, free from skin and bone and break into fine flakes, take an equal quantity of bread soaked in milk. Put these into a pan, and stir over a fire until it becomes thick, then add 1 oz. butter, 2 egg yolks, and 2 well-whisked whites, a little chopped parsley, a small onion chopped fine, a tiny grate of nutmeg, cayenne and suet. Put into a well-buttered mould and steam one hour. Serve with Bechamel sauce.



1. Crayfish showing Coral.

2. Crayfish.



1. Silver Fish. *Records of the Canterbury Museum*. Vol. 1. No. 3. (Edgar R. Waite.)
2. Northern Kingfish. *Fishes of Australia and Their Technology*. (T. C. Roughley.)
3. John Dory. *Fishes of Australia and Their Technology*. (T. C. Roughley.)

FISH PASTIES.

Pastry, $\frac{1}{2}$ lb.
 Potato, 1 or 2.
 Onion.

Fish or Shell-fish.
 Bacon, a little.
 Pepper and Salt.

Roll pastry to about $\frac{1}{4}$ inch thickness and cut into rounds the size of a small saucer. Chop potato, onion, bacon, and fish quite small. Season and mix well. Place some of the mixture on each round of paste. Damp edges and bring together on top of the filling. Form a fluted edge along the top as for Cornish Pasties. Prick the paste and brush with beaten egg and milk. Cook in a sharp oven until pastry browns, then reduce heat to cook filling. Total time 30 minutes.

FISH ROLLS.

Pastry, $\frac{1}{2}$ lb.
 Fresh Herrings, 2 or 3.

Onion, a little.
 Pepper and Salt.

Skin and fillet the herrings, being careful to remove all bones. Roll the paste and cut into squares as for sausage rolls. Put a piece of fish on each square, sprinkle with a little finely chopped onion, pepper and salt. Damp the edge of the pastry and fold over, being careful to close the edges to prevent the loss of any liquid. Brush the rolls with a little beaten egg and bake in a sharp oven about 20 minutes. May be served hot or cold.

FISH PIE—II.

Pastry.
 Fish Cutlets.

Onion, a little.
 Butter.

Line a pie plate with pastry. Put a layer of fish then a little very finely chopped onion and a few pieces of butter. Season well. Cover with pastry, making a few cuts in the top to allow steam to

escape. Bake about 30 minutes. If small fish as herrings are to be used they should be skinned and filleted.

OYSTER PATTIES.

Oysters, 1 doz.

White Sauce II., $\frac{1}{2}$ pint.

Patty Shells, 1 doz.

Beard the oysters and cook the beards for ten minutes in a little milk and water. Strain and use this liquid for making the sauce. Make rather a thick white sauce, using a few grains of nutmeg or a little mace to flavour. Add the soft parts of the oysters cut into small pieces. Make thoroughly hot but do not boil. Fill patty shells with the mixture and place in the oven for a few minutes before serving. Decorate with parsley.

Pipis, mussels, and cockles all make excellent patties.

PAUA ROE PATTIES.

Paua Roes, 2 or 3.

White Sauce II., $\frac{1}{2}$ pint.

Pastry Cases, 12.

Carefully remove the roes from the muscle part of the fish. Simmer these very gently for about ten minutes in a little milk and water. Strain and use this liquid for the white sauce. Make a rather thick white sauce, using only pepper and salt and a few grains of nutmeg as seasoning. Cut the roes into small pieces and add to the cooked sauce. Put a teaspoonful of the mixture into each pastry case, Replace the top and put into the oven until thoroughly hot. Any kind of shell-fish or cooked white fish may be used in place of the paua roes.

PIPI FINGERS.

Pipis, 1 doz.

White Sauce II., $\frac{1}{2}$ pint.Puff Pastry, $\frac{1}{4}$ lb.

Chop the pipis into small pieces and add to a rather thick white sauce. Heat for about 5 minutes without boiling.

Roll the pastry one quarter inch thick. Cut in half. Brush one half lightly with milk or water and place the other piece of paste over. With a sharp knife cut pastry into fingers about $1\frac{1}{2}$ inches wide and 4 or 5 inches long. Brush the top with a little milk or beaten egg. Bake in a quick oven for about 15 minutes. When slightly cooled open one side of the finger with a knife and fill with the pipi sauce. Make thoroughly hot in the oven and decorate with parsley before serving.

RUSSIAN FISH PIE.

(Suitable for small quantity cooked or shell-fish).

Fish, small quantity.

Flaky Pastry, $\frac{1}{2}$ lb.

White Sauce, 1 teacup.

Have a thick white sauce (p. 70) well seasoned. Add the flaked fish, or if shell-fish is used chop rather finely. Roll the pastry to $\frac{1}{4}$ inch thickness and cut into large squares 6 to 7 inches. Put a spoonful of the fish mixture in the centre of each square. Damp each **point** of the pastry and fold over to the centre, pressing the points only together over the centre of the filling. Put a small leaf or star over the points and brush with beaten egg and milk. Cook in a sharp oven about 20 minutes. Serve hot. Sliced cucumber is very good with Russian fish pie.

SHELL-FISH PIE.

Shell-fish, 2 or 3 doz.
Mashed Potatoes.
Mashed Carrots.

Milk, $\frac{1}{2}$ teacup.
Cheese, a little.
Breadcrumbs.

Prepare the shell-fish (p. 83). Remove from the shell and chop. Put in a greased pie dish. Season. Cover with a layer of well-seasoned, mashed, or left-over scalloped potatoes. Put the mashed carrots on top and sprinkle with the crumbs and grated cheese. Pour in the milk and bake in a steady oven about half an hour. An excellent tea dish for the seaside where cockles or pipis are easily obtained. Scalloped potatoes are cooked sliced potatoes heated in a white sauce.

PRESERVING FISH

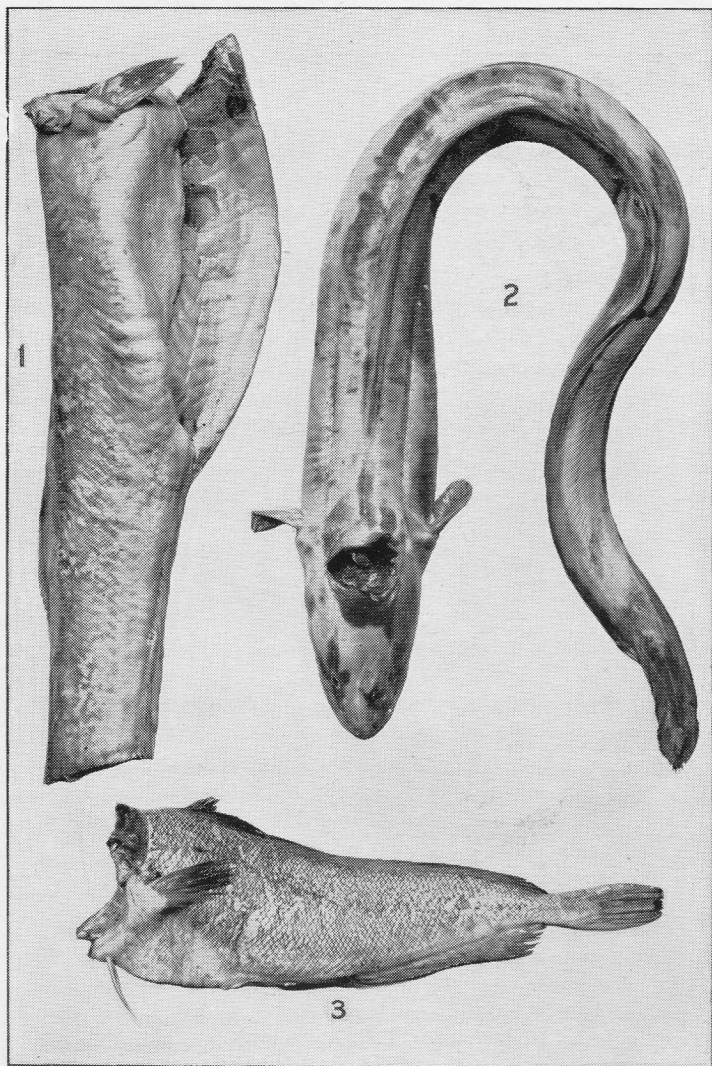
When an over supply of fish is obtained it may be preserved in several ways. One important point must be borne in mind—the fish **must** be **absolutely** fresh.

Canning.

The jars must be perfectly clean with screw top lids and good rubber rings.

The cooking may be done in the oven or in a water bath.

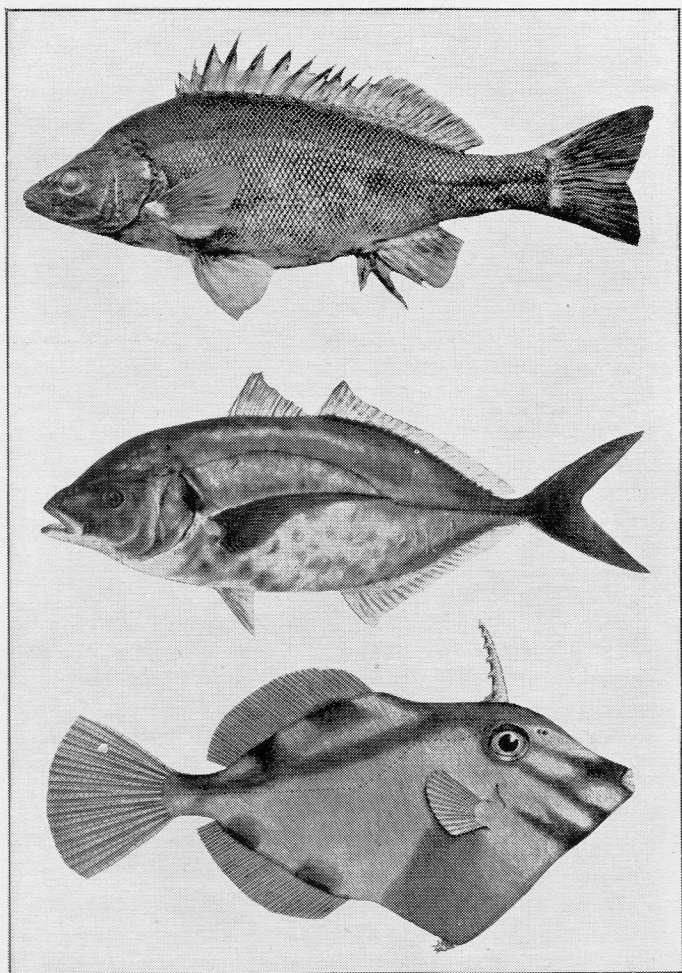
Water Bath.—Put the filled jars in when the water is just warm. Allow water to come 2 or 3 inches over the top of the jar. Add more boiling water when necessary. Keep the water boiling steadily the whole time of cooking. See that each jar is completely sealed directly the cooking is finished and cool as quickly as possible. Soft fish as red cod may be sprinkled with a little salt two or three hours before putting into the jars. Wash, dry, and pack closely into jars. No liquid is added to the fish in the jars.



1. Ling.

2. Conger eel.

3. Red Cod.



1. Perch. *Fishes of Australia.* (T. C. Roughley.)
2. White Trevally. *Fishes of Australia and Their Technology.* (T. C. Roughley)
3. Leather Jacket. *Records of Canterbury Museum*, Vol. 1, No. 3. (Edgar R. Waite.)

When large fish are used as groper, trout, butter fish, tarakihi, cod, etc., the bone may be removed before canning.

Store always in a cool dry place.

"New World" Gas Oven.—Put a pan of water in the bottom of the oven. Place jars on the grid shelf above. Cook with regulo at 3. Allow the same time as when cooking in water bath.

Electric Oven.—Place the pan of water at bottom of oven and jars on grid shelf above. Cook at 250° with bottom element to low and top element off.

Canning No. 1.

When fish are to be canned, cut the head off directly fish are caught to allow blood to drain away. Wash and clean very carefully as for cooking. Scale well, or if necessary skin. Cut into neat pieces. Make a brine of 1 tablespoon salt to 1 quart of water. Allow the fish to soak in this for 10 or 15 minutes. Drain well and pack into a thoroughly clean and hot jar. Sprinkle a little salt over each layer. Place rubber ring and top on jar and screw partly on. Put into a large pan of warm water, allowing the water to come two or three inches over the top. Bring to boiling point and then allow to boil 3 to 4 hours. Add boiling water when needed to keep the jar covered. Screw down tightly directly the cooking is finished. Cool quickly. Store in a cool dry place.

CRAYFISH.

To be quite sure the fish is fresh it is wise to procure the fish alive. Put into a large saucepan of fast boiling water salted. Cook 20 to 30 minutes according to size. Pour off the boiling water and run cold

water over the fish. Cut open at once. Remove flesh from shell and claws, cut into neat pieces, sprinkle with a little salt and pack into hot jars. Put on rubber ring and top and screw partly down. Cook 3 to 4 hours. Seal at once. Cool and store in cool dry place.

FRIED FISH (Canned).

Prepare the fish as for cooking. Cut into neat pieces. Make a brine of 1 tablespoon of salt to 1 quart of water. Soak in this about 15 minutes. Dry carefully. Fry in deep smoking hot fat until lightly browned. Place on soft paper to drain off as much fat as possible. Pack closely into hot jars—sprinkling a little salt between each layer. Put on rubber ring and screw top partly down. Cook 3 to 4 hours. Screw down tightly and store in cool place.

PICKLED OYSTERS.

Scald the oysters in their own liquid. Strain and put oysters into a clean jar. Boil up enough vinegar to cover the oysters. Add a few peppercorns. When cold pour vinegar over the oysters and tie down. Ready to use in about ten days. Use as a pickle with cold meat.

PICKLED SALMON OR TROUT (Cold).

Whole Pepper.
Whole Allspice.

Salt, $\frac{1}{2}$ teaspoon.
Vinegar and Stock or Water.

Boil the spices in the vinegar and stock for a few minutes. Remove bones and skin from the cooked fish and put into a salad bowl or other deep serving dish. Pour the hot liquid over the fish and allow to stand for some hours before using.

Any cold cooked fish may be served this way.

BLOATER PASTE (Imitation).

Rump Steak, 2 lb.
Red Herrings, 3.

Butter, $\frac{1}{4}$ lb.
Anchovy Sauce, 2 tablespoons.

Grease a frying pan and make very hot. When smoking put in the steak free from fat. When brown on both sides reduce the heat and cook 15 minutes. Cover the herrings with boiling water, cook five minutes, then remove skin and bone. Put fish and meat twice through a mincer, add melted butter, anchovy sauce, and a good seasoning of pepper. Mix well and put into small screw top jars.

TO KIPPER FISH.

Suitable for any kind of fish.

Wash fish in salt and water, and remove the head, but do not scale. Split up the back and remove the backbone. Mix together 1 lb. salt, $\frac{3}{4}$ lb. brown sugar, and about 1 oz. saltpetre. Rub this well into the fish. Put the fish, skin downwards on a flat dish and sprinkle over any salt mixture remaining. Leave for 24 hours. Then cover with a flat dish and put weights on top to press well. Leave for two or three days. Pass a string through the shoulder part of the fish and hang on a line in the sun to dry. King fish is very good cured in this way.

TO SUN DRY FISH.

Wash in salt and water, but do not scale. Remove the head and split open the fish. Remove the backbone except for a few inches at the tail. Wash in salt and water again. Wipe carefully. Join with string two fish together at the shoulder, back to back. Hang over a line one each side with the flesh to the sun. To keep the fish open, place small

wooden skewers at intervals across the inside of the fish.

Not a very hot sun is needed to dry fish, but they must not be left out over night, or if the air is damp.

When quite dry, they may be rolled up for keeping. Before using dried fish it may be soaked in water or milk and water.

This is the Channel Island method of drying conger eel.

Any oily fish may be "cured" in this way.

POTTED FISH.

Cold cooked Fish.
Anchovy Essence.

Ground Mace.
Salt and Pepper.

Remove skin and bone from fish, break up well with a fork. Mix in the seasonings and a little melted butter. Work with the back of a spoon until a smooth mixture is obtained—or it may be worked through a sieve. When quite smooth press into small jars and screw down at once, or cover with a thick layer of clarified fat.

Excellent as a sandwich filling.

POTTED CRAYFISH.

Crayfish, 1 small.
Chopped Parsley.

Mushrooms, 2 or 3.
Eggs, 2.

Remove fish from shell and chop up. Melt a little butter in saucepan and add the chopped mushrooms. Cook for a few minutes, then add fish and cook again. Add the beaten egg and chopped parsley. Season well. Stir over a slow fire until a thick paste. Heat some small screw top jars, press the mixture in, and seal at once.

SHELL-FISH.

Oysters, cockles, pipis, scallops, or any other shell-fish may be used, provided they are quite fresh.

Pack into clean hot jars with any liquid from the fish. Make a brine with 1 teaspoon of salt to 1 qt. of water, and pour over the fish. Put on rubber and top and screw partly down; cook 3 hours. Seal at once, cool quickly.

SALTING FISH.

Scale, clean, and split open. Make a brine of salt and water which will float an egg. Put the prepared fish in and leave for 12 hours. Drain well. Put in layers in a large earthenware jar and cover each layer with salt. Cover and keep in a cool dry place. Fish may remain in the brine, and will keep indefinitely without the dry salting.

Soak well to remove salt before using.

TO SALT FISH.

Scale the fish. Remove the head and cut down the back, removing the backbone. Clean and dry the inside. Mix salt and pepper together and rub in well. Stand 24 hours. Mix $\frac{1}{4}$ lb. sugar, 1 lb. salt, and about $\frac{1}{2}$ oz. saltpetre together and rub well into the fish. Repeat after 48 hours. Place small wooden skewers across to keep the fish open, and hang in the sun or near a slow fire to dry.

Before using, soak for some time to remove salt. Channel Island method of salting conger eel, equally suitable for other fish.

SPICED FISH.

Filleted Fish.
Vinegar.

Spices.

Season each fillet with a little mixed spice and finely chopped parsley. Roll each fillet and pack into a greased pie dish. Cover with equal quantities of vinegar and water. Add a few peppercorns, cloves and mixed herbs. Cover with a greased paper and bake about 1 hour in a medium oven.

This is an excellent way of serving bony or the cheaper kinds of fish. It may be served hot or cold.

SOUSED FISH.

Fish.
Onion, 1.
Thyme.
Bay Leaves.

Lemon Rind.
Peppercorns.
Vinegar.
Mixed Spice.

Prepare the fish for serving. Place in a casserole or fire-proof jar. Add the minced onion, lemon rind and spices. Cover with equal quantities of vinegar and water. Cook under cover in a slow oven two or three hours.

SOUSED COLLARED FISH.

Prepare the fish for cooking, and if large cut into suitable pieces for serving. Place in a pie dish or casserole and cover with equal quantities of vinegar and water. Add any seasonings at hand—few cloves, blade of mace, peppercorns, etc., and a little salt. Cook under cover in a slow oven until the bones are soft.

May be served hot or cold. Soused fish will keep for a few days.

RE-HEATING.

Kedgeree, Fish pie, Fish balls, Creamed and Scalloped fish and salads, are all economical ways of using up left over cooked fish. Chowder may be made from cooked or uncooked fish.

BINDING MIXTURES.

Whenever white sauce is given for binding mixtures a little egg and milk may be substituted, but it does not make such a smooth mixture.

CREAMED FISH AND SPINACH AU GRATIN.

Cover the bottom of a fire-proof dish or pyrex dish with a layer of cold cooked spinach finely chopped with a little butter or cream and salt and pepper added. Put a layer of any cooked white fish over and cover with a white sauce to which a little grated cheese has been added. Sprinkle top with grated cheese and bake in a quick oven until well heated and browned on top.

CHOWDER.

Chowder is an old English dish. It is used a great deal in both Canada and the United States of America. Like Irish stew, it is quickly and easily prepared. It is economical and very appetizing. A dozen shell-fish will be sufficient to make a large dish of chowder.

A very good way of using a small quantity of either raw or cooked fish, or shell-fish.

Pipi or cockle chowder is strongly recommended as an economical and tasty luncheon or tea dish.

To open pipis, cockles, etc., wash well, then put into basin and pour **boiling** water over. Leave for a few minutes and open shells with a knife and slip out fish.

Chowder may be made with smoked or salted fish, but in that case the fish must be soaked in warm water for some time before using. Then with two forks flake the fish finely, and proceed as for schnapper chowder. No added salt will be needed.

CHOWDER (SCHNAPPER).

Fish, $\frac{1}{2}$ lb. or more.
Bacon, a little.
Onion, a little.

Potatoes, 4 or 5.
Milk and Water.
Pepper and Salt.

Cut the bacon into small dice and fry in a saucepan until the fat runs. Lift bacon out and cook the finely-chopped onion in the bacon fat. Keep the lid on the pan and do not allow the onion to brown. Now add alternate layers of sliced potato, the cooked bacon, and the fish cut rather small. Season each layer and have the top layer of potato. Barely cover with the milk and water, and cook very slowly until the potatoes are soft—about 1 hour. Turn on to a hot dish. The liquid should be absorbed by the time the potatoes are cooked, but the chowder should not be allowed to become dry.

PIPI CHOWDER.

Shell-fish, a dozen or more.
Bacon, a slice.
Onion, 1.

Potatoes, several.
Milk and Water.
Pepper and Salt.

Scrub the shell-fish well and put in a saucepan with a little water. Heat for a few minutes until the shells open, when the fish can be removed. The water in which the pipis were heated should be carefully strained from any sand and reserved for the chowder.

Cut bacon into small dice and cook in saucepan until the fat runs out. Add a little finely chopped onion and cook slowly with lid on for about ten minutes—do not brown. Chop finely the tough portions of the fish and add with diced potato to the ingredients in the pan. Barely cover with milk and the strained liquid in which the fish were cooked, season and cover closely. Cook slowly until the potatoes are soft. Add a little milk or cream and the soft parts of the fish. Heat up and serve, but do not boil again or the fish will become tough.

CURRIED LING AND OYSTERS.

Boiled Ling, 1-2 lb.
Milk, $\frac{1}{2}$ pint.
Oysters, 1 dozen.
Butter, 1 tablespoon.

Curry Powder, 1 teaspoon.
Lemon Juice, a few drops.
Flour, 2 tablespoons.
Pepper and Salt.

Cook the ling in milk and water until the fish leaves the bone. Lift the fish and remove skin and bone, and break into large flakes. Strain the liquid in which the fish was boiled and return to the saucepan. Mix butter, flour, and curry powder to a paste. Add to the hot liquid and stir until boiling. Put in the fish and oysters. Heat thoroughly but do not boil. Add lemon juice and seasoning before serving. May be served with a border of boiled rice or sippets of fried bread.

CURRIED FISH.

- | | |
|--|---|
| 1 lb. Fish (any kind of white fish will do, salted for a few hours to make it firm). | A piece of Butter the size of a walnut. |
| 2 Onions. | 3 or 4 cold mashed Potatoes. |
| 1 Shalot. | 1 tablespoon of Lemon Juice. |
| 1 dessertspoonful Curry Powder | 1 pint of Stock. |
| | 1 teacup of Rice. |

Method.—Cut the fish into neat squares and fry for five minutes. Fry the onions and shalot in a stew-

pan with the butter till tender. Add the curry powder, mashed potatoes, and stock, and simmer for a few minutes; then add the fish, draw to the side of the fire, and simmer gently for three-quarters of an hour. When ready to serve add lemon juice and garnish with the rice, which should be boiled in plenty of salted water until tender, then drained and dried in a strainer before the fire.

FISH CROQUETTES OR BALLS.

Cooked mashed Potatoes, 1 Anchovy Essence, 1 teaspoon.
breakfastcup. White Sauce (p. 70), 1 teacup.
Cooked flaked or tinned Fish,
½ lb.

Mix all ingredients well together, using a fork to break up the fish. Unless a fairly fine mixture is made the croquettes will break when moulding. Season. Turn on to a floured board and mould into rolls or cylinders. Use two knives to flatten the ends. Dip in beaten egg, then in breadcrumbs. Fry in deep fat. Serve with a suitable hot sauce.

FISH AND RICE PIE.

(Suitable for tinned salmon or any cooked fish.)

Boiled Rice, 1 breakfastcup. Milk or White Sauce.
Cooked Fish, 1 breakfastcup Butter or Suet, 1 tablespoon.
or less. Tomatoes, 3 or 4.

Flake the fish if tinned salmon is used, remove skin and bone. Mix all ingredients, except tomatoes, well together. Season and add a grating of nutmeg. Put into a well-greased pie dish. Dip tomatoes into boiling water, remove the skins, and cover the pie with the sliced and seasoned tomatoes. Bake about 20 minutes until tomatoes are cooked and pie thoroughly heated.

CRUMBED FISH.

Cold cooked Fish.
Breadcrumbs.

Butter.

Butter a fire-proof dish and sprinkle with seasoned breadcrumbs. Cover with a layer of fish and pour over a little melted butter. Fill the dish with alternate layers of fish and crumbs. Cook in medium oven until nicely browned and well heated through.

FISH CUSTARD.

Flaked cooked Fish.
Milk, 1 pint.
Eggs, 2 or 3.

Breadcrumbs, 1 breakfastcup.
Parsley (chopped).
Pepper and Salt.

Beat eggs and add milk, breadcrumbs and finely chopped parsley. Season. Allow to stand for some time to soak the crumbs. Place the flaked fish in a greased pie dish and pour over it the custard. Bake very slowly until set, but do not allow it to boil.

FISH AND TOMATO CUSTARD.

Fish, 1 lb.
Onion, 1.
Tomatoes, 2.

Milk, 1 pint.
Eggs, 2.
Pepper and Salt.

Cut onion in very thin slices and place in a greased pie dish. Cut fish into neat pieces, flour and season, and place over onion. Dip tomatoes into boiling water, slice and put over fish. Make a custard of the beaten egg and milk, season, and pour it over the tomato. Cook in a steady oven until the custard sets, about half an hour. It should not boil. This may be made of fresh or any left-over cooked or tinned fish.

FISH AND CELERY.

Cooked white Fish. Oiled Crumbs, 1 teacup.
 White Sauce I., (p. 70), $\frac{1}{2}$ pint. Cooked Celery, 1 cup.

Mix the chopped celery into the white sauce. Fill a greased pie dish with alternate layers of sauce and flaked fish. Cover with the sauce and sprinkle with the oiled and seasoned crumbs. Bake until thoroughly heated and browned on top. A little grated cheese may be added to the sauce.

FISH IN FRIED POTATO SHELLS.

Potatoes. Egg (hard-boiled), 1.
 Fish, a little. White Sauce (p. 70), 1 cup.

Choose medium-sized potatoes and peel thinly. Cut in half lengthways and scoop out some of the centre. Wash shells and dry well. Cook in smoking hot fat until well browned. Mix the fish and chopped white of egg into the hot white sauce. Fill the potato cases with the mixture. Rub the yolk of the egg through a sieve or strainer, and sprinkle over the top of the mixture.

Any kind of cooked, tinned, or shell-fish may be used.

The potato scooped from the shells may be added to soup, stews, etc.

FISH IN POTATO SHELLS.

Potatoes. Breadcrumbs.
 Fish, a little. White Sauce (page 70), 1 cup.

This is a suitable method of using up a small quantity of cooked, tinned, or shell-fish.

Choose medium-sized potatoes and scrub well. Bake until soft, about 45 minutes. When cooked cut in two lengthways and scoop out some of the

centre and mash well, leaving about a quarter of an inch shell. Mix the fish into the cooked and well-seasoned white sauce and fill the potato shells with the mixture. Add a little good dripping or butter to the mashed potatoes, milk, and season well. Beat until you have a fairly soft smooth mixture. Pile this over the top of the fish and cover with the oiled breadcrumbs. Return to the oven to heat thoroughly and brown lightly.

FISH ROE.

This may be bought by the pound or roe, and is sold apart from the fish. The roe consists of the eggs of the fish. It may be served in several ways, but is always boiled first for about ten minutes in water with a little salt and vinegar added. Fish roe is valuable for the iodine and other food materials it contains.

Groper roe is usually in the New Zealand market. Cod roe in New Zealand is small. Caviare is the salted roe of the sturgeon.

FRIED ROE.

Wash well and boil for 10 minutes in water with a little salt and vinegar added. Wipe as dry as possible, and cut into rather thick slices. Season, coat with flour, then brush over with beaten egg and cover with breadcrumbs. Fry in deep or shallow fat until a delicate brown. May be served with or without a sauce—Piquante, Flemish, or tomato sauce is suitable.

SCALLOPED ROE.

Wash and boil the roe for ten minutes in water with salt and vinegar added. Chop the roe into small pieces and re-heat in a good white sauce. Serve in a border of mashed potatoes or with toast fingers. It may also be put into a greased pie dish, covered with oiled breadcrumbs, and browned in the oven.

FISH SOUFFLE.

Cooked Fish or Shell-fish. White Sauce, $\frac{1}{2}$ pint.
Eggs, 3.

Make a thick white sauce (p. 70). Add to it the beaten yolk of the eggs and the flaked or chopped fish. Season well. Fold lightly into the mixture the stiffly-beaten whites of eggs and turn at once into a well-greased pie dish or mould. The souffle may be steamed 45 minutes or baked 30 minutes. It must be served directly it is cooked. Egg or other suitable sauce may be served with it.

Individual souffles are cooked in small well-greased cups. They require only 10 to 15 minutes' cooking.

FISH CUTLETS.

(For cooked or tinned fish.)

Cooked Rice, $\frac{1}{4}$ lb. Breadcrumbs to coat.
Cooked Fish, $\frac{1}{4}$ lb. Anchovy Essence, 1 teaspoon.
Cooked White Sauce, 1 teacup. Chopped Parsley, 1 teaspoon.

Make the white sauce (p. 70), and add to it all the other ingredients. Mix well and season. Allow to cool. Shape into cutlets. Brush with beaten egg and roll in breadcrumbs. Fry in deep smoking hot fat. Serve with hot tomato or other sauce. After cooking, a small piece of uncooked macaroni may be inserted in the end of each cutlet to represent the bone.

FISH ROLLS.

Cooked Fish.
Pastry.

Seasoning.
Anchovy Paste or Essence.

Work the fish to a smooth paste, add a little butter or cream and season well. Cut the pastry into squares. Place a **little** of the fish paste on each square and fold in three. Brush rolls with a little beaten egg and bake in a sharp oven about 20 minutes. Serve hot or cold. Sardines boned and skinned may be used in place of the fish mixture.

KEDGEREE.

Cold boiled Rice, 2 cups. Pepper and Salt.
Cooked Fish or tinned Salmon. Nutmeg, a little.
Butter, 2-3 oz. Lemon, 1.
Egg, hard-boiled, 1.

Melt the butter in a saucepan and stir in rice and fish. Season. Add the roughly chopped white of egg and a grating of nutmeg. When thoroughly hot pile roughly on a hot dish. Work the yolk of the egg through a strainer over the top and decorate with thinly sliced lemon. A cup of white sauce may be used in place of butter.

Smoked cooked fish makes a very good kedgerree, and only a little fish is needed.

KEDGEREE (Curried).

Cold cooked Fish, $\frac{1}{2}$ lb. Onion, 1.
Cold boiled Rice, 2 cups. Vinegar, 1 teaspoon.
Butter, 1 tablespoon. Sugar, $\frac{1}{2}$ teaspoon.
Curry Powder, 1 teaspoon. Salt and Pepper.
Milk and Water, 1 breakfast- Flour, 1 tablespoon.
cup.

Melt butter in saucepan. Add the finely chopped onion and cook without browning for about 10 minutes. Stir in the curry powder and cook again. Remove from the fire. Mix the flour well in and add

gradually the milk and water. Stir until boiling. Season and add the vinegar and sugar. Stir in the cooked fish and boiled rice. Make all thoroughly hot and pile roughly on a dish to serve. It should be rather a dry mixture.

MACARONI AND QUINNAT SALMON.

Boil 1 lb. salmon in a small quantity of water well seasoned. Take out the fish and to the fish stock add an equal quantity of milk—in this boil 4 oz. macaroni. Place the pieces of salmon in a pyrex dish, dot with pieces of butter and sprinkle with a little chopped parsley. Moisten with a little of the stock thickened slightly, and to which 2 tablespoons of cream have been added. Pour the macaroni over, sprinkle with breadcrumbs and a few pieces of butter. Bake for 20 minutes, or until thoroughly hot.

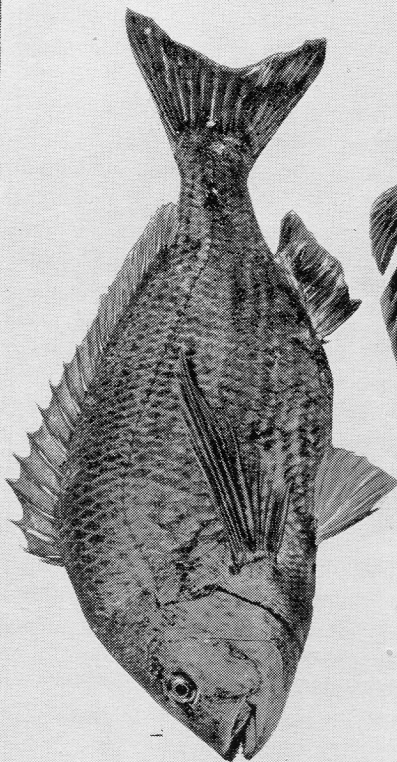
OYSTER OMELET.

Oysters, 3 or 4.
White Sauce, 1 teacup.
Eggs, 2.

Butter, 1 tablespoon.
Milk, a little.
Cornflour, 1 teaspoon.

Chop the oysters and heat in the white sauce. Keep warm until the omelet is cooked.

Omelet.—Separate white from yolk of eggs. Beat yolks well and add the cornflour mixed with a very little cold milk. Season well. Beat white of eggs until stiff and fold lightly into the yolks. Melt the butter in a small pan, and when smoking hot pour in the omelet. Cook over a steady heat until the under side of omelet is slightly browned—2 or 3 minutes. Put pan into the oven or under the heat for a few minutes to set the top. Do not over-cook. Slip on to a hot dish. Put the hot oyster mixture over half the omelet, fold over and serve at once.



1.

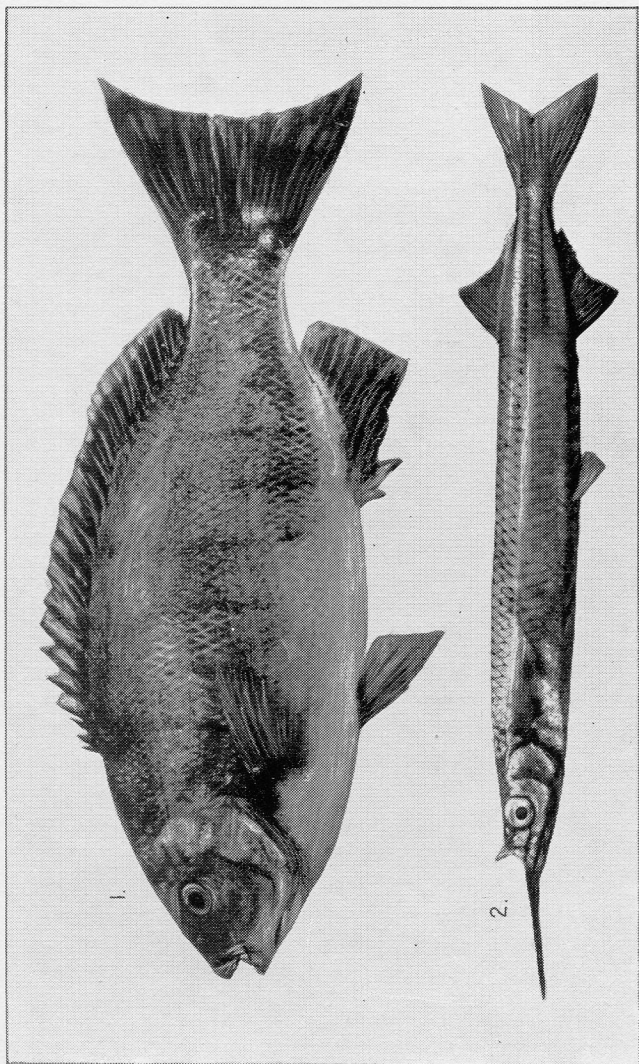


2.

1. Black Bream.

2. Dusky Flathead.

[Plates from "The Edible Fishes of New South Wales," by kind permission of David G. Stead, Esq.]



1. Blackfish.

2. River Garfish.

[Plates from "*The Edible Fishes of New South Wales*," by kind permission of David G. Stead, Esq.]

SALMON MOULD.

Salmon, 1 small tin. Eggs, 2.
 Milk, 1 breakfastcup. Chopped Parsley, 1 teaspoon.
 Breadcrumbs, 1 breakfastcup.

Beat eggs and mix in all other ingredients. Season. Put into a well-greased pudding basin. Cover with greased paper and steam one hour. Serve with parsley or egg sauce.

The mixture may be put into a greased pie dish and baked as a salmon loaf.

SMOKED FISH SCALLOPED.

Cooked smoked Fish. Breadcrumbs, 3 or 4 oz.
 White Sauce, $\frac{1}{2}$ pint. Butter, 1 oz.

Grease fire-proof dish with part of the butter. Put in a layer of breadcrumbs, flaked fish, and white sauce. Season each layer. Repeat until dish is full. Have the top layer of oiled crumbs. Decorate with small fingers or dice of bread dipped into melted butter. Cook until thoroughly heated and nicely browned. Serve with sliced lemon.

TOAD IN THE HOLE.

(Suitable for a small quantity of fish or for Shell-fish. Fish may be cooked or raw.)

Flour, 4 oz. Fish, small quantity.
 Eggs, 2. Pepper and Salt.
 Milk, 1 breakfastcup.

Sift flour and salt into basin and break the eggs into the flour. Add a little of the milk and begin beating. Add the remaining milk gradually as you work in the flour. Beat 10 minutes. Allow batter to stand for an hour or longer. Put 1 tablespoon of butter or good dripping into a pie dish and make smoking hot. Pour in the batter, add the fish flaked or cut small and cook in a steady oven about 1 hour. The under heat should be good for the first half hour of cooking.

TO OIL CRUMBS.

Melt butter on enamel plate and with a fork work in enough breadcrumbs to absorb the butter. These are richer than plain crumbs and brown very much better.

SALADS.

To Prepare Greens.—Wash separately under running water. Free from water by shaking in a clean cloth. Leave lightly folded in the cloth and place in a draught to make the greens crisp.

To Curl Celery.—Cut celery in 3 or 4 inch pieces and with a darning needle or hat pin shred the celery about half way up. Leave in cold water until it curls.

SALAD DRESSING.

Variety may be obtained in salads not only by using different vegetables, but also by using different dressings.

A few standard recipes are given to which a number of additions may be made, changing the flavour and character of the dressing.

All salad dressings need very careful blending, and should be of a smooth velvety texture.

Boiled dressing may be made in quantity and milk or cream added as required. It will keep for some time.

In all salad dressings lemon juice may be used in place of vinegar.

In the case of green salad the dressing should be added just before serving, or it may be served in a separate dish.

Serving Dressing.—If the salad dressing is served in a separate dish there is no waste as both left-over dressing and salad material may be utilized.

Additions to Vary Dressings.

1. Sweet dressing, 1 tablespoon Condensed Milk, and dilute with fresh milk to right consistency.
2. Tomato Pulp, 2 tablespoons.
3. Chopped Onion and chopped Parsley, 2 tablespoons.
4. Celery, 2 tablespoons finely chopped; Nasturtiums or Capers chopped, 1 tablespoon.
5. Grated Cucumber, $\frac{1}{2}$ cup.
6. Mushroom Catsup, 2 tablespoons.
7. Pickled Onion chopped, 2 tablespoons. Chopped Capers, 1 tablespoon.
8. Cooked Beetroot, chopped, $\frac{1}{2}$ cup.
9. Grated Horseradish, 1 tablespoon.

BOILED DRESSING.

Butter, 1 oz.	Mustard, 1 teaspoon.
Flour, 2 tablespoons.	Salt, $\frac{1}{4}$ teaspoon.
Egg, 1.	Pepper, $\frac{1}{4}$ teaspoon.
Vinegar, 1 teacup.	Sugar, 1 tablespoon.
Water, 1 teacup.	

Melt butter in saucepan, remove from fire and mix in all dry ingredients. Add vinegar and water and the beaten egg. Stir over the fire until it thickens but do not boil. Bottle for use. Before using add milk or cream.

FRENCH DRESSING.

Olive Oil, 1 teacup.	Sugar, 1 teaspoon.
Vinegar, 1 teacup.	Pepper, $\frac{1}{4}$ teaspoon.
Salt, $\frac{1}{2}$ teaspoon.	

Put all ingredients into a screw-top jar and shake steadily until thoroughly blended.

MAYONNAISE DRESSING.

Olive Oil, 1 teacup.	Salt, $\frac{1}{2}$ teaspoon.
Vinegar, $\frac{1}{2}$ teacup.	Mustard, $\frac{1}{2}$ teaspoon.
Egg, 1.	Pepper, $\frac{1}{4}$ teaspoon.

Mix salt, pepper, and mustard with a little of the vinegar, add the beaten egg and mix well. Then add alternately drop by drop the oil and vinegar, beating steadily all the time to prevent curdling.

UNBOILED DRESSING—I.

Egg Yolk, 1 (hard-boiled).	Pepper & Salt, $\frac{1}{4}$ teaspoon each.
Cream, $\frac{1}{2}$ teacup.	Vinegar, 2 tablespoons.
Sugar, 1 teaspoon.	Mustard, $\frac{1}{2}$ teaspoon.

Mix the egg yolk with the salt, sugar, and pepper. Add the vinegar gradually to get a smooth mixture. Stir in enough cream to thicken slightly.

UNBOILED DRESSING—II.

Mustard, $\frac{1}{2}$ teaspoon.	Fresh Milk.
Salt, $\frac{1}{4}$ teaspoon.	Pepper, a little.
Condensed Milk, 2 table- spoons.	Vinegar, $\frac{1}{2}$ teacup.

Mix mustard, pepper and salt with the vinegar, then stir in condensed milk. Add fresh milk until of right consistency.

In both Unboiled Dressings I. and II. sweetened or unsweetened condensed milk or cream may be used.

CRAYFISH SALAD.

Crayfish, 1 or 2.	Hard-boiled Eggs, 2.
Lettuce.	Mayonnaise Dressing.

Break the prepared lettuce into a salad bowl. Remove fish from tail and with two forks divide into small pieces. Mix in the cream and any pickings from the body. Put the fish into the dressing and pile roughly on top of the lettuce. Sprinkle with the chopped white of egg and then the yolks worked through a sieve. Decorate with the crayfish claws and legs.

Sliced and prepared cucumber is a very good addition to crayfish salad.

FISH AND BEETROOT SALAD.

Cooked Fish.
Cooked Beetroot.

Cooked Potatoes.
Apple.

Remove any skin or bone from the fish. Peel, core, and chop the apple and put into a good salad dressing. Put alternate layers of potato, fish, and beetroot into a salad bowl. Put some of the apple and dressing over each layer. Sprinkle the top with chopped gherkins, capers, or nasturtium seeds.

FISH AND CELERY SALAD.

Cooked Fish.
Lettuce.
Celery, chopped, 1 cup.

Dressing, 1 cup.
Chopped Parsley.

Shred the lettuce into a bowl. Remove skin and bones from fish and pile in the centre—cover with a little of the dressing. Put finely chopped celery on top and then the remaining dressing. Decorate with the chopped parsley.

JELLIED CRAYFISH.

Crayfish, 1.
Gelatine, 1 tablespoon.
Salt, $\frac{1}{2}$ teaspoon.

Lemon Juice or Vinegar, 1
tablespoon.
Mustard, $\frac{1}{2}$ teaspoon.
Hot Water, 2 teacups.

Dissolve gelatine with the hot water. Mix mustard and salt well with the vinegar and add to the dissolved gelatine. Chop the crayfish and mix all together. Pour into a wet mould or basin. When set turn out. Surround with chopped lettuce and decorate with sliced cucumber. Serve with salad dressing into which the "cream" from the body of the crayfish has been added.

FRIED FISH SALAD.

Fried Fillets of Fish.
Lettuce.
Tomatoes.

Celery, a few sticks.
Mayonnaise Dressing.

A good way of using left-over fried fish.

Make a nest in the salad bowl of the finely chopped lettuce. Pile the fillets in the centre, cut into suitable pieces for serving. Cover with rather a thick mayonnaise and sprinkle with finely chopped parsley. Decorate around the edge of the lettuce with alternate pieces of curled celery and quarters of tomato.

JELLIED SALMON.

Tinned Salmon.
Water, 2 teacups.
Gelatine, 1 tablespoon.

Hard-boiled Egg, 1.
Salt and Pepper.

Dissolve gelatine in the hot water, stirring until quite clear. Remove skin and bone from salmon and break up with a fork, add to the gelatine with pepper and salt. Wet a mould or basin and decorate with slices of hard-boiled egg. Pour in the fish mixture. When set turn on to a bed of chopped lettuce or watercress and serve with a good salad dressing.

JELLIED SALMON AND GREEN PEAS.

Gelatine, 2 tablespoons.
Water or Fish Stock.
Onion, a little.
Salmon, 1 small tin.

Parsley.
Vinegar or Lemon Juice.
Salt.
Cooked Green Peas.

Soak gelatine in the water for a few minutes. Add remaining ingredients and bring slowly to boiling point. Stand on a cool part of the stove for 15 minutes. Rinse a mould or basin in cold water, strain in about a third of the gelatine mixture, add about a teacup of cooked green peas. Allow to set slightly. Free the salmon from skin and bone, break

up well and add it to the remainder of the strained gelatine. Pour carefully into the mould. When quite set turn out, surround with remaining green peas or chopped lettuce, and serve with mayonnaise dressing.

JELLIED FISH.

Cold flaked Fish, 1 cup.
Hard-boiled Eggs, 2.
Gelatine, 1 tablespoon.

Boiling Water, 1 breakfastcup.
Vinegar or Lemon Juice, 1
tablespoon.

Put alternate layers of fish and sliced egg into a wet mould. Soak gelatine in the vinegar or lemon juice, and pour on the boiling water. Stir until clear, add salt, and when cool pour carefully over the fish and egg. Allow to set. Turn on to a dish, surround with chopped lettuce and serve with mayonnaise dressing.

OYSTERS IN JELLY.

Cockles, mussels or pipis are equally suitable.

Oysters.
Eggs, 1 or 2.
Gelatine, 1 tablespoon.
Water, 2 teacups.

Parsley, a little.
Chillies, 2 or 3.
Pepper and Salt.

Scald oysters in their own liquid for a few minutes. Dissolve gelatine in the hot water and stir. Add strained oyster liquid and finely chopped parsley and chillies, pepper and salt. Rinse out the required number of egg cups with cold water and put one or two oysters in each. Cover with the melted gelatine. When set turn on to a bed of chopped lettuce or watercress. Decorate with rings of hard-boiled egg, and serve with salad dressing. All salads may be served from a salad bowl or on small saucers or dishes as individual salad.

POTATO AND FISH SALAD.

Boiled or steamed Fish.
Boiled Potatoes.
Dressing.

Lemon, 1.
Watercress.

While the potatoes are still hot cut into dice and mix into half of the dressing. Put into a salad bowl. Remove skin and bone from the cooked fish and divide into flakes. Pile on top of the potatoes and cover with the remainder of the dressing. Cut the lemon in half across and then each half into quarters. Decorate the edge of the salad with alternate sprigs of watercress and quarters of lemon.

SARDINE SALAD.

Sardines, 1 tin.
Apple, 1.
Potatoes (boiled), 3.

Boiled Dressing.
Capers or Gherkins.

Peel and chop apple and put into the dressing. Remove sardines from the oil and cut each into two or three pieces. Put a layer of the sliced potato in salad bowl, cover with some of the dressing. Put sardines on this and cover with the remaining dressing. Decorate with finely chopped capers or gherkins.

SALMON SALAD.

Salmon, 1 small tin.
Lettuce.

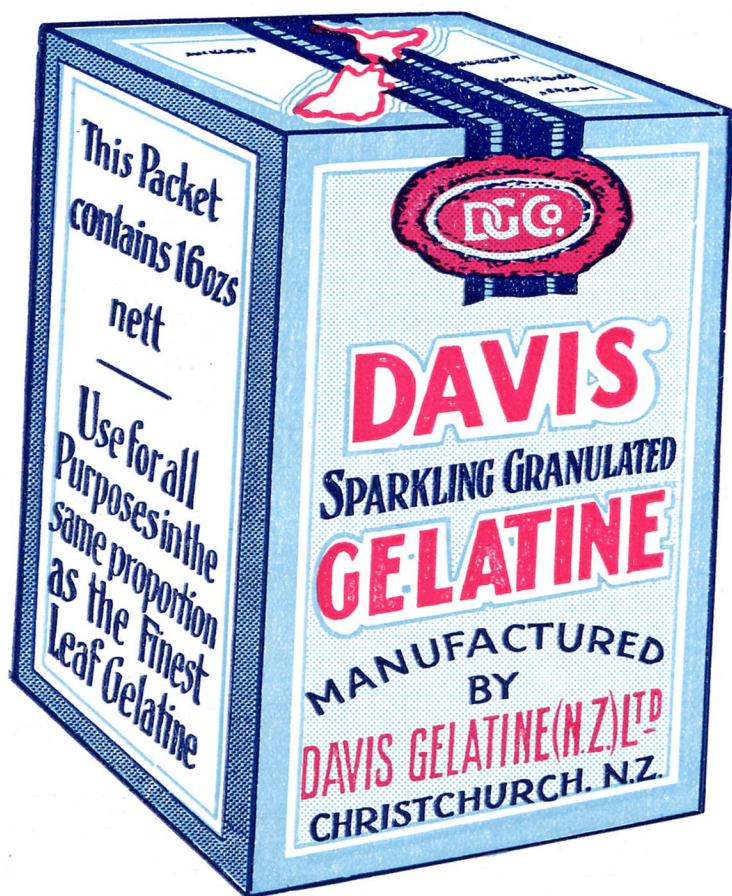
Mayonnaise.
Hard-boiled Egg.

Break up the prepared lettuce into a salad bowl. Free the salmon from skin and bone. Divide into flakes and place on top of the lettuce. Decorate with rings of hard-boiled egg. Serve the dressing in a separate bowl. This is an economical way of serving tinned salmon, one small tin making sufficient salad to serve six people.

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Soups benefit by the addition of GELATINE. Soup Stock is so nourishing because the meat tissue and bones contain Gelatine. When the Soup Stock is thin, it is most economical to add a little Gelatine to thicken it. It not only increases the nourishing properties, but ensures the digestion of the remainder of the meat. Not only Soups but gravies and sauces increase their nutriment when thickened in this way.

Allow 1 Dessertspoon of Gelatine to each pint of soup or liquid.

Dissolve Gelatine in $\frac{1}{2}$ cup of hot water, and stir into the hot Soup 5 minutes before removing from the fire.

Remember

Fruits, canned or fresh, meats and vegetables, are all the more beneficial when GELATINE has been added.

1 level dessertspoon of DAVIS SPARKLING GRANULATED GELATINE equals $\frac{1}{4}$ ounce, and is sufficient to set 1 cup ($\frac{1}{2}$ pint) liquid.

Clear Jelly makes a delightful Garnish. Mint Jelly cubes for cold lamb adds zest and piquancy as well as attractions.

Science has proved that a little Gelatine added to milk and egg increases the value of this combination in a very marked degree.

Gelatine should never be heated with milk or milk mixture. The Gelatine should be dissolved in a little hot water and when cool added to the cold milk or milk mixture.

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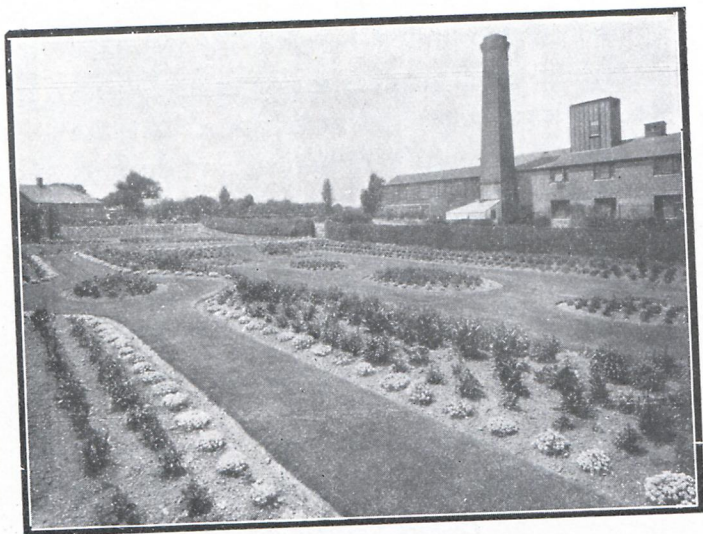
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SHELL-FISH SALAD.

Shell-fish, 1 or 2 dozen.
Cabbage or Lettuce.

Celery, 2 or 3 sticks.
Boiled Dressing.

If oysters are used, scald in their own liquid for about 5 minutes. Drain and add the liquid to the dressing. Chop the fish and mix with the finely-chopped celery in the dressing. Shred the white heart of the cabbage very finely. Pile on a dish and cover with the fish mixture. Decorate with hard-boiled egg and the yolk rubbed through a sieve. If pipis or cockles are used scrub well, put on a baking dish in a warm oven until the shells open. Remove fish from shells and proceed as when using oysters.

SAUCES.

White sauce is the foundation for many other sauces. There are three methods of making:—

1. Stirring a paste of flour or cornflour and cold liquid into the boiling liquid.
2. Melting the fat in a saucepan, adding the dry flour to that, and then mixing in the cold liquid and stirring until it boils.
3. Boiling the liquid and then adding to it a little at a time a paste made of the fat and flour mixed together.

The second and third methods give a much better flavoured sauce than the first method.

Sauce should be very carefully blended and well stirred while cooking.

A good sauce is well flavoured, has a smooth texture and glossy appearance.

WHITE SAUCE—I.

Fish Stock or Water, 1 break-	Flour, 1 tablespoon.
fastcup.	Butter, $\frac{1}{2}$ tablespoon.
Milk, a little.	Pepper and Salt.

Mix flour to a smooth paste with the cold milk. Pour into the hot fish stock or other liquid and stir until boiling. Season. Add the butter and a few drops of lemon juice or vinegar.

WHITE SAUCE—II.

Fish Stock or Water, 1 teacup.	Pepper and Salt.
Milk, 1 teacup.	Flour, 1 tablespoon.
Butter, 1 tablespoon.	

Melt butter in saucepan. Mix in the flour to a smooth paste, add milk and stock and stir until boiling. Season. Add a squeeze of lemon juice. Finely-chopped parsley, capers, or nasturtium seeds may be added to the sauce just before serving.

WHITE SAUCE—III.

Fish Stock or Water, 1 teacup.	Flour, 1 tablespoon.
Milk, 1 teacup.	Pepper and Salt.
Butter, 1 tablespoon.	

Bring liquid to boiling point. Mix butter and flour to smooth paste. Add this paste a little at a time to the hot liquid. Stir each addition of paste until quite dissolved before adding more. Boil up, stirring all the time. Season and add a few drops of lemon juice.

WHITE SAUCE—IV.

Flour, 1 tablespoon.	Onion, 1 small.
Butter, 1 tablespoon.	Peppercorns, a few.
Milk, 1 teacup.	Water or Fish Stock, 1 teacup.
Pepper and Salt.	Vinegar or Lemon Juice, a few
Mace or Nutmeg.	drops.
Parsley.	

If the stock has not been flavoured, or if water is being used, cook the vegetables and seasonings in

this for 10 to 15 minutes. Strain. Melt butter in the saucepan. Remove from fire and stir the flour well in. Add strained liquid and milk gradually and stir until boiling. Season, and add the lemon juice or vinegar.

CRAYFISH SAUCE.

Crayfish, 1 small.
Mace, 1 blade.

White Sauce, $\frac{1}{2}$ pint.
Pepper and Salt.

Make a good white sauce (p. 70), to which a blade of mace has been added. Cut the flesh of the crayfish into small pieces, and add to the sauce, from which the mace has been removed. Heat thoroughly, but do not boil. This sauce may be used:

1. To serve with other fish.
2. To fill vol-au-vent cases.
3. To place in scallop shells or small saucers and sprinkle with oiled crumbs. Brown in the oven.

ANCHOVY SAUCE.

To half pint of made white sauce add one teaspoonful of anchovy essence and 1 teaspoonful of vinegar or lemon juice.

BROWN SAUCE.

Onions, 1 or 2.
Flour, 1 tablespoon.
Butter, 1 tablespoon.
Lemon Rind, a little.
Vinegar, 1 teaspoon.
Pepper and Salt.

Parsley, Thyme, and Bay Leaf.
Few Mushrooms or a little
Ketchup.
Peppercorns, a few.
Stock or Water, 1 large cup.

Slice the onion and fry in the butter until a nice brown. Add flour and brown also. Stir in the stock or water, add other ingredients and simmer 10 to 15 minutes. Season. Strain and serve.

CURRY SAUCE.

Onion, 1.	Sugar, 1 teaspoon.
Dripping, 1 tablespoon.	Vinegar or Lemon Juice, 1 tea-
Flour, 1 tablespoon.	spoon.
Curry Powder, $\frac{1}{2}$ teaspoon.	Pepper and Salt.
Water, 1 large cup.	

Chop onion and cook in dripping without browning for about 10 minutes. Add curry powder and cook for a few minutes longer. Add sugar, vinegar, and flour, and stir water in gradually. Stir until boiling. Season. A little sour fruit may be cooked in with the onion in place of the vinegar or lemon juice.

COCKLE SAUCE.

White Sauce, $\frac{1}{2}$ pint.	Lemon Juice or Vinegar, 1 tea-
Cockles, 10-12.	spoon.

Clean and open the cockles (p. 83). Cut each into 2 or 3 pieces. When the white sauce is cooked add the cockles and allow to heat through, but do not boil. Add vinegar and serve at once. Any other shell-fish may be used in place of cockles.

DUTCH SAUCE.

Flour, 1 teaspoon.	Egg, 1.
Butter, 2 tablespoons.	Lemon Juice, $\frac{1}{2}$.
Vinegar, 2 tablespoons.	Pepper and Salt.
Water, $\frac{1}{2}$ teacup.	

Melt butter in saucepan. Stir in flour and cook for a few minutes. Stir all the time and do not allow it to brown. Remove from fire. Add water, vinegar, and beaten egg. Return to fire and stir until thick, but do not boil. Add lemon juice and seasoning.

EGG SAUCE—I.

Butter, 1 tablespoon.	Milk, 1 teacup.
Flour, 1 tablespoon.	Water or Stock, 1 teacup.
Egg, 1 or 2 (hard-boiled).	Pepper and Salt.

Melt butter in saucepan. With a fork work yolk of egg and flour until smooth. Mix into the melted butter. Add milk and water gradually. Stir until boiling. Season. Add chopped white of egg.

EGG SAUCE—II.

White Sauce, $\frac{1}{2}$ pint.	Egg, 1 (hard-boiled).
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To the made white sauce add the chopped white of egg. Pour over the fish and cover the top with the yolk of egg worked through a sieve or gravy strainer.

EGG SAUCE—III.

(Piquante.)

Flour, 1 tablespoon.	Egg, 1.
Butter, 1 tablespoon.	Stock, 1 breakfastcup.
Vinegar, 1 tablespoon.	Pepper and Salt.

Melt butter, work in flour until quite smooth. Add stock, vinegar and the egg well beaten. Stir over a slow fire until the sauce thickens. **Do not boil.** Season and serve.

This is an excellent sauce for mussels, cockles, or pipis. Use as stock the liquid from cooking the shell-fish.

FENNEL SAUCE.

White Sauce, $\frac{1}{2}$ pint.	Fennel, 1-2 tablespoons.
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When the white sauce is boiling add the finely chopped fennel and stir for a few minutes.

Parsley sauce is made in the same way, but the sauce must not boil after the parsley is put in or the colour and flavour will be spoiled.

To Prepare Parsley or Fennel.

Pick from the stalks and wash well. Put into a cloth and squeeze as dry as possible. Put on a chopping board. Hold in a tight bunch and slice down as firmly as possible. Then chop until reduced to about half.

FLEMISH SAUCE—I.

(For fried or grilled fish.)

Butter, 2 tablespoons.
Flour, 1 tablespoon.
Mustard, 1 teaspoon.
Salt and Pepper.

Egg, 1.
Water, 1 teacup.
Vinegar, 1 teaspoon, or Lemon
Juice.

Melt butter. Mix in flour, mustard, water, and the beaten egg. Stir until thick, but do not boil. Add vinegar and seasoning.

FLEMISH SAUCE—II.

Butter, 1 oz.
Egg, 1.

Made Mustard, 1 teaspoon.
Pepper and Salt.

To the melted butter add the beaten egg and mustard. Stir for a few minutes until it thickens a little. Season and pour over the cooked fish just before serving. The sauce must not boil.

MAITRE D'HOTEL BUTTER.

Butter, 4 oz.
Lemon Juice.

Salt and Pepper.
Minced Parsley, 1 tablespoon.

Work all ingredients well together and place in small pieces on the hot fish just before serving.

MAITRE D'HOTEL SAUCE—I.

To half pint of good white sauce stir in a little at a time 2 oz. of the Maitre d'Hotel butter. Make thoroughly hot and serve.

MAITRE D'HOTEL SAUCE—II.

Ham or Bacon, 1 slice.
 Onion, 1.
 Garlic, 1 clove.
 Lemon Juice, $\frac{1}{2}$.
 Salt, Pepper.
 Sugar, $\frac{1}{4}$ teaspoon.

Bay Leaf, 1.
 Water, $\frac{1}{2}$ pint.
 Butter, 2 tablespoons.
 Flour, 1 tablespoon.
 Chopped Parsley, 1 tablespoon.

Cook the bacon in a saucepan for a few minutes. Then add chopped onion, garlic, and bay leaf. Add water and boil till onion is quite soft. Strain. Return to the fire. Add flour and butter mixed to a smooth paste. Add lemon juice and just before serving the finely-chopped parsley.

MUSTARD SAUCE—I.

Butter, 1 tablespoon.
 Flour, 1 tablespoon.
 Vinegar or Lemon Juice, 1
 teaspoon.

Mustard, 1 teaspoon.
 Pepper and Salt.
 Water or Fish Stock, 1 teacup.

Melt butter in saucepan. Remove from fire, stir in flour, mustard, and the other ingredients. Return to fire and stir until boiling.

MUSTARD SAUCE—II.

Onion, 1 small.
 Dripping, 1 tablespoon.
 Flour, 1 tablespoon.
 Mustard, 1 teaspoon.

Pepper and Salt.
 Worcester Sauce or Tomato
 Sauce, 1 teaspoon.
 Water or Fish Stock, 1 teacup.

Make dripping smoking hot. Put in onion cut in rings. Fry until onion is lightly browned. Remove from fire. Stir mustard and flour well in, then add other ingredients. Return to fire and stir until boiling.

MAYONNAISE SAUCE.

Olive Oil, 2 tablespoons.

Vinegar, 1 tablespoon.

Egg, 1.

Water (hot), 1 teacup.

Minced Parsley, 1 teaspoon.

Mustard, $\frac{1}{4}$ teaspoon.

Pepper and Salt.

Put mustard, pepper, and salt in saucepan. Add the beaten egg and then gradually the oil. Mix in slowly vinegar and hot water. Stir over slow fire until mixture thickens. It must not boil. Add parsley just before serving. This sauce may be used hot or cold, and if bottled will keep for some days.

TOMATO MAYONNAISE.Mayonnaise Sauce, $\frac{1}{2}$ cup.

Parsley, 1 teaspoon.

Cucumber, 1 teaspoon.

Capers, 1 teaspoon.

Tomato Pulp, $\frac{1}{2}$ cup.

} All finely chopped.

Any kind of salad dressing may be used. All ingredients mixed well in. Serve without cooking. Very good with fried fish.

BOILED MAYONNAISE.

Butter, 1 tablespoon.

Flour, 1 tablespoon.

Egg, 1.

Mustard, $\frac{1}{2}$ teaspoon.

Cream or Milk.

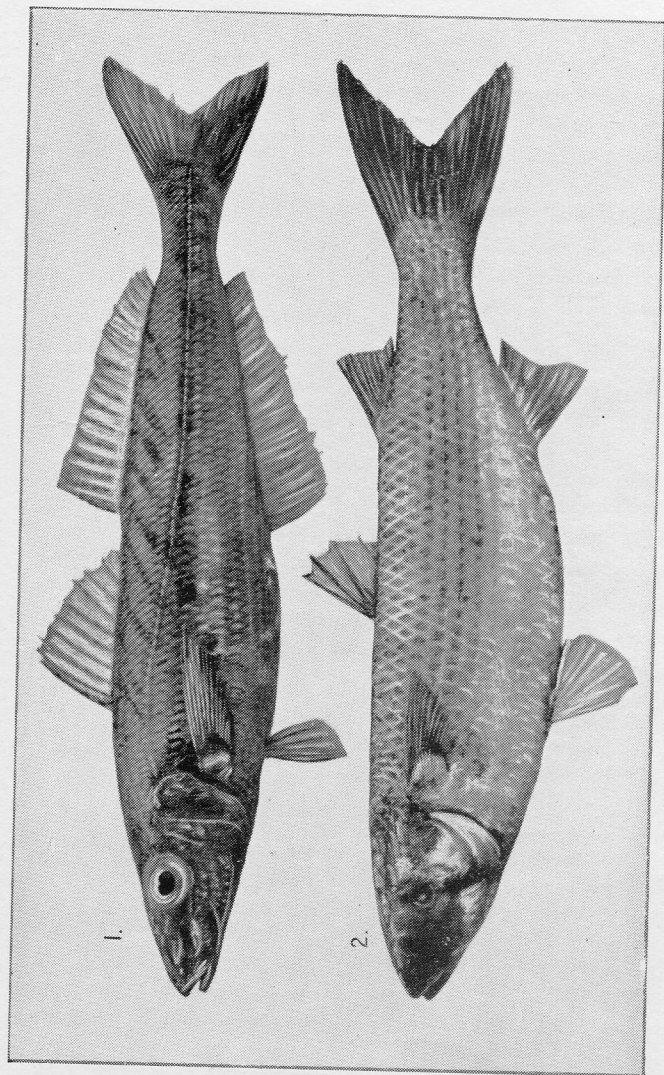
Vinegar, 1 teacup.

Water, 1 teacup.

Sugar, 1 tablespoon.

Pepper and Salt.

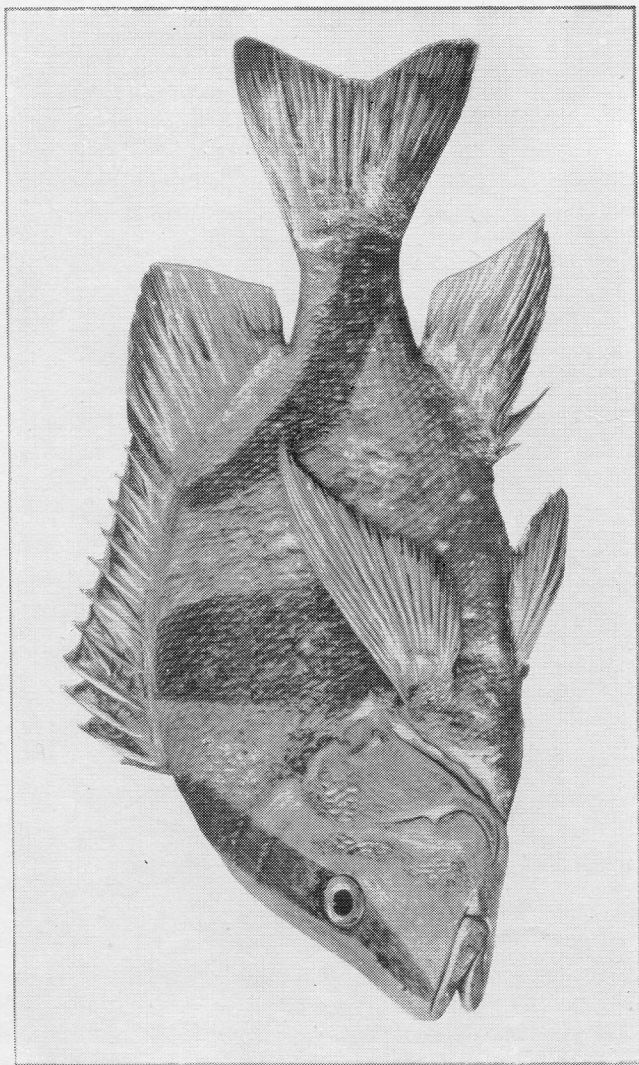
Melt butter, remove from fire and work in sugar, salt, pepper, mustard, and flour. Beat in egg well. Add vinegar and water. Stir over slow fire until mixture thickens—it must not boil. Thin down with milk or cream just before using. This sauce will keep well.



1. School Whiting.

2. Sea Mullet.

[Plates from "The Edible Fishes of New South Wales," by kind permission of David G. Stead, Esq.]



Government Bream.

[Plates from "*The Edible Fishes of New South Wales*," by kind permission of David G. Stead, Esq.

ONION SAUCE (uncooked).

Onion, 1 small.	Salad Oil or Cream, 1 tablespoon.
Egg, 1.	Vinegar or Lemon Juice, 1.
Mustard (made), 1 teaspoon.	Salt and Pepper.

Put mustard in basin, add finely chopped onion, and beat in the egg well. Season with salt and a good shake of pepper. Add alternately, a little at a time, the cream or oil and the vinegar. Beat steadily until the sauce thickens. Unless care is taken in blending the oil and vinegar, the sauce will curdle. Use always the best brand of Lucca oil.

OYSTER SAUCE.

White Sauce, $\frac{1}{2}$ pint.	Oysters, 6.
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Make a good white sauce and when cooked put in the oysters each cut into 3 or 4 pieces. Strain in any liquid that comes from the oysters. Heat thoroughly but do not boil after oysters are put in or they will become tough.

PIQUANTE BROWN SAUCE.

Brown Sauce (page 71), 1 large cup.	Onion, 1.
Gherkins or pickled Cucumbers, 1 tablespoon.	Vinegar, 2 tablespoons.
	Capers, 1 tablespoon.

Chop onion finely and cook in the vinegar until soft. Add the chopped gherkins and capers. Stir in the brown sauce, season, and re-heat.

RUSSIAN SAUCE.

White Sauce, $\frac{1}{2}$ pint.	Lemon Juice, 1 teaspoon.
Chives or Onion, 1 teaspoon.	Horseradish (grated), 1 table-
Mustard, $\frac{1}{2}$ teaspoon.	spoon).

To the hot white sauce (p. 70) add the chopped chives, the mustard, lemon juice, and horseradish. Season well. A little cream is an improvement.

SARDINE SAUCE.

Sardines, 2 or 4.
Onion, 1 small.
Lemon Rind, a little.
Nutmeg, a little.

Pepper and Salt.
Flour, 1 tablespoon.
Butter, 1 tablespoon.
Fish Stock.

Mix butter and flour to a smooth paste and mix with the stock. Add sliced onion and seasoning. Boil 10 to 15 minutes. Strain. Add the sardines boned and well pounded.

TOMATO SAUCE—I.

Onion, 1.
Tomatoes, 2-3.
Dripping, 1 tablespoon.

Flour, 1 tablespoon.
Water, 1 large cup.
Pepper and Salt.

Cook sliced onion in dripping for a few minutes—do not brown. Add sliced tomato and water. Boil until vegetables are soft. Work all through a soup or gravy strainer. Return to saucepan. Thicken with flour worked to smooth paste in a little cold water. Stir until boiling.

TOMATO SAUCE—II.

Tomatoes, 2-3.
Onion, 1 small.
Thyme, a little.
Celery, 1 stick.

Water, 1 breakfastcup.
White Sauce, 1 teacup.
Pepper and Salt.
Soda, $\frac{1}{4}$ teaspoon.

Cook vegetables in water till tender. Put through a strainer. Return to saucepan and beat in the white sauce. Add soda, pepper, and salt.

SHELL-FISH

CRUSTACEANS AND MOLLUSCA

SHELL-FISH (Mollusca).

Under this term the housekeeper usually includes all sea-foods in shells. Molluscs as oysters, pipis, scallops, etc., and the crustaceans as crabs, crayfish. In nearly all recipes under this heading any of the shell-fish may be used. For example, for Buttered Oysters may be substituted Buttered Pipis or Buttered Mussels.

Scallops are found on some of the sandy bays and harbours of the North Island. During the spring they are left on the sand as the tide goes out. Those found in New Zealand are often very large, one often being a meal for one person. When cooked they have much the appearance of a fried egg, the reddish-yellow centre being surrounded by a white opaque circle. They are particularly delicious and satisfying.

Crayfish.—These crustaceans are found all round the New Zealand coasts where the bottom is rocky. They are caught in baited traps usually of the nature of lobster "pots." The average weight of those sold would probably be about 2 lb. Their cost, according to size and supply varies from about 6d. to about 4s. The flesh of the larger crayfish is somewhat coarse and indigestible, and lacking in fat. The latter is found to some extent in the visceral organs which are not the least palatable or valuable portion of the animal. Its chief value as food arises from its high iodine content as compared with meat from land animals. Fishing in the north takes

place from June to October; somewhat earlier in the south.

Shrimps.—These crustaceans are so sparsely distributed in New Zealand waters that they are not caught and marketed as an industry.

Oysters (mollusca).—The so-called “mud oyster” or “Stewart Island oyster” is dredged from between 12 and 25 fathoms in the Foveaux Straits. Smaller beds of the same species are found off other parts of the New Zealand coast, but are not exploited commercially.

A species of rock oyster occurs in relatively small quantities in sheltered parts of the South Island coast. This species, though edible, has no particular commercial value.

The Auckland rock oyster occurs in large quantities on rocks and boulders between high and low-water mark in sheltered waters north of Auckland.

Cost.—Stewart Island oysters are retailed in Wellington at 8d. to 9d. per dozen. Rock oysters can be bought in Auckland at 1s. 6d. a gallon (40 to 50 oysters).

Their nutritive value has always been recognised as high. Recently it has been shown that they afford an important source of iodine.

Toheroas, Mussels, Pipsis, Cockles, and Paua are all noteworthy as useful forms of iodine-containing food.

Toheroas are bivalve molluscs found on sandy beaches mainly on the west coast of the Auckland Province; also in smaller quantities in the Bay of Plenty, Taranaki Bight, and Foveaux Strait. In the north they are at their best for eating in winter.

The best **mussels** are dredged from relatively deep water in the Hauraki Gulf. They are also to be obtained where the bottom is sufficiently hard near low-water mark on various parts of the coast. **Cockles** occur in estuaries and bays where the bottom consists of a mixture of mud and sand. They are sometimes called **pipis**, which is a general Maori term for bivalve molluscs. The **paua** resembles the limpet in its habits and its habitat, but is found nearer to low water. These shell-fish closely resemble the "ormers" of the Channel Islands, and abalone of America. They have been called "mutton fish" by New Zealand settlers. The tough muscular foot is said to be very palatable if it is bruised and then fried, and the visceral part is said to produce a soup resembling that made from the toheroa.

As to whether there is any season when the above fish and shell-fish are not wholesome, it may be said that at no time of the year are any of them injurious or poisonous (as is the case with certain tropical fish). Most fish and shell-fish vary in condition according to season, and also with respect to locality or rather their local food supply. Generally speaking, all are in best condition (most nutritive) before their "roe" is developed to its final stage. They are poorest after spawning. This is especially true of trout, salmon (which spawn in autumn and winter), and of shell-fish. The quinnat salmon dies after spawning. The law may not be quite universal here, but generally speaking all shell-fish are best to eat in winter and poorest in late spring or summer.

If a shell-fish looks thin, dark and watery it is not **good** to eat, though it may not be actually injurious.

There is, of course, a possibility of personal idiosyncrasy in shell-fish, especially mussels, which may

be actually poisonous to some individuals, though perfectly wholesome to normally constituted consumers.

I have never heard of cases of this in New Zealand, however.

A. E. HEFFORD, Chief Inspector of Fisheries.

PAUAS (Mutton Fish).

These are very plentiful on many parts of our coast. They have but the one shell, and the muscle or foot with which they attach themselves to the rock, though extremely tough, makes a delicious soup. The shell is the "Mother of pearl" so freely used by the Maoris in their carvings and decorations.

BAKED PAUAS.

Remove fish from the shell and cut away all except the tough muscular foot. Put this on a board and beat well. Now wrap each fish in a slice of bacon and then in grease-proof paper, twisting the ends to prevent the escape of any liquid. Put these rolls one on top of the other into a greased fire-proof jar or casserole, and cook in a slow oven from four to five hours. The Maoris cook these fish in a Maori oven or *kopaki*, using the whole of the fish except the beard.

PAUA CHOWDER.

Remove the fish from the shell. Cut away the soft body part, the dark frill-like beard, and the outer edge of the foot. Wash the tough muscular part well and put through the mincer or chop quite fine. Cut two or three slices of bacon into dice and cook in a saucepan until the fat runs. Remove the bacon and cut a sliced onion in the fat but do not

brown it. Now remove the onion and cook the minced fish very gently for about half an hour, keeping it at the side of the stove and the lid on the pan. Now add alternate layers of peeled and sliced potato, onion, and bacon. Season each layer. Add milk and water to about half cover, and cook very slowly until the potato is soft, about 1 hour. Stir well just before serving, and pile on a hot dish with finely chopped parsley sprinkled over.

PAUA FRICASSEE.

Remove the fish from the shell and cut away all but the tough muscular foot. Place this on a board and with a rolling pin *beat well*. Cut through to make two slices. Now fry a few slices of bacon. Remove to a casserole or other fire-proof dish with lid, then fry the fish until a delicate brown on both sides. Cover with water, season, and add a blade of mace. Bring to the boil and pour over the bacon. Put lid on the casserole and bake in a *slow* oven until the fish is tender, from four to six hours.

MUSSELS, COCKLES, PIPIS.

Scrub and wash well—removing any weeds from the shell. If the fish are allowed to remain for some hours in salt or sea water they will open to feed and any sand will come out into the water. Mussels, cockles, and pipis are difficult to open unless cooked or scalded in the shell, though they may be eaten like oysters without cooking.

TO SERVE FROM THE SHELL.

After cleaning, put on to cook in a little **cold** water. Heat slowly, and **directly** the shells open serve from the shells with pepper and vinegar and thin bread and butter. Over-cooking makes the fish tough.

FOR CHOWDER AND SOUPS.

Clean shells thoroughly and put on to cook in a little cold water. Heat slowly and directly the shells open remove fish from the shells. Strain the liquid and reserve for the chowder or soup.

SCALLOPED FISH.

May be made from cooked or uncooked fish, or from any of the shell-fish with or without a white sauce, but always there is a liberal addition of bread-crumbs.

Scalloped dishes may be cooked in individual scallop dishes or saucers, or may be cooked in and served from a large dish.

OYSTERS AND CELERY.

Oysters, 1 dozen. Toast or fried Bread.
Butter, melted, 2 tablespoons. Breadcrumbs, 1 teacup.

Dip the oysters in the melted butter and then roll in the breadcrumbs. Grill under the gas or in electric oven for about five minutes. Chop each oyster into three or four pieces. Put on to hot buttered toast or on fried bread dipped in hot milk. Sprinkle with finely-chopped celery.

STEWED SCALLOPS.

Butter, 1 tablespoon. Scallops, 8-10.
Flour, 2 tablespoons. Pepper and Salt.
Milk, $\frac{1}{2}$ pint.

Melt butter in saucepan. Remove from the fire and stir in flour, seasoning, and milk. Add fish and stir over the fire until sauce boils. Place on the side of the stove and allow to cook for a few minutes.

Any other shell-fish may be used, but should not be put into the sauce until it boils, and then just allowed to heat through.

SCALLOPED SCALLOPS.

Scallops, 8 or 10.

Finely-chopped Parsley.

Breadcrumbs, 3 oz.

White Sauce II., $\frac{1}{2}$ pint.

Butter.

Pepper and Salt.

Remove scallops from the shell and wash thoroughly to remove sand. Chop scallops finely and add to the white sauce with the parsley and half the breadcrumbs. Wash about six of the deeper shells and butter well. Put some of the mixture in each and cover thickly with the remaining crumbs buttered. Bake 10 to 15 minutes, or until crumbs are nicely browned.

SCALLOPS WITH MUSHROOMS.

Mushrooms, 6.

Scallops, 6.

Butter and Flour, 1 tablespoon.

Milk, $\frac{1}{4}$ pint.

Prepare mushrooms and cut off the stalk. Put a little butter on each and season. Place on greased tray or dish and bake about 10 minutes. Wash scallops to remove sand, cut away beard. Cook in the milk for 20 to 30 minutes. Remove from the milk and use this for making a white sauce. Mix butter and flour together and stir into the milk until boiling. Divide the sauce and to one part add the chopped white part of the scallop. Put a spoonful of this on each cooked mushroom. Add the chopped yellow part of the scallop to the other white sauce and pile on top. Heat in the oven and serve.

SCALLOPED CRAYFISH.

Crayfish, 1 small.

White Sauce, $\frac{1}{4}$ pint.

Butter, 1 tablespoon.

Breadcrumbs, 1 oz.

Cut the tail of the crayfish in two and remove the flesh. Scrub the shell well and rub with a little oil. Flake the flesh of the crayfish and add it to the white sauce; season. Fill the two shells with the mixture and cover with the oiled breadcrumbs. Bake until lightly brown on top.

DEVILLED CRAYFISH—I.

Crayfish, 2 or 3 small. Breadcrumbs, 1 teacup.
 Unboiled Dressing I. (p. 64). Mustard and Cayenne Pepper.

Cut crayfish down the centre and remove the tails. Chop up the fish finely, adding to it the cream and pickings from the body, legs, etc. Mix in the dressing, breadcrumbs, and enough mustard and cayenne to make a rather hot mixture. Scrub the tail shells well (allowing one half shell for each person), and rub the outside with a little oil or butter. Pile the prepared mixture in the shells, having it rounded on top. Sprinkle with oiled breadcrumbs and bake about 20 minutes until thoroughly heated through and brown on top. Serve the shells on a folded napkin.

DEVILLED CRAYFISH—II.

Crayfish.	Mustard, $\frac{1}{4}$ teaspoon.
Egg, 1.	Pepper, $\frac{1}{4}$ teaspoon.
Cream or Butter, 2 table- spoons.	Vinegar and Water, 1 teacup.
Salt, $\frac{1}{4}$ teaspoon.	Breadcrumbs, 4 tablespoons.

Beat egg and add other ingredients except the fish. Stir over the fire until it thickens—do not boil. Add the flaked fish and half the breadcrumbs. Have the tail shell cut in half lengthways—well washed and rubbed with a little oil. Fill each half with the mixture. Cover with breadcrumbs and dot with small pieces of butter. Bake until lightly brown on top. The body part of the fish may be added if liked. May be eaten hot or cold.

SOUP.

This is an excellent method of using up the otherwise inedible parts of fish, as the skin, bones, head, etc. Compared with meat soup in general, it is of higher food value. When made from trimmings only

it contains albumen, gelatine, and the same bone and nerve building materials as found in the fish. If shell-fish is added, then the soup contains all the very valuable foods found in these. The prejudice against fish soups is due to a lack of knowledge of the properly prepared article. When once a well made fish soup is tasted the objection is generally overcome.

Fish soup is easily made, nutritious, and very appetising. The water in which fish has been boiled should be used for soup, or for sauce to serve with fish.

STOCK.

Fish stock may be made of any trimmings, bones, heads, etc., of cooked or uncooked fish. Barely cover with **cold** water. Add a little onion, carrot, blade of mace, a few peppercorns, and a little salt. Bring slowly to boiling point and **simmer** from 1 to 2 hours. Strain and keep uncovered in a cool place. If boiled up every day it will keep for some time.

Fish trimmings, bones, skins, heads, etc., may be bought from the fishmonger for a few pence.

CONGER EEL SOUP.

(Channel Island Recipe.)

Conger Eel, 3 or 4 lb.

Carrot, 1.

Onion, 1.

Thyme, a little.

Pepper and Salt.

Green Peas, 1 pint.

Marigold, 3 or 4 leaves.

Milk or Cream, 1 teacup.

Butter, 1 tablespoon.

Flour, 1 tablespoon.

Barely cover the fish with warm water. Add herbs, carrot and onion grated or cut small. Season. Put in the green peas and cook very slowly until the fish leaves the bone, about three-quarters of an hour. Remove fish to a hot dish and serve with a good white or egg sauce. Add milk to soup and thicken with the butter and flour mixed to a smooth paste.

This soup is not strained—the vegetables are served in the soup.

CRAYFISH SOUP—I.

Crayfish, 1 medium or 2 small (cooked).	Lemon rind, a little.
Onion, 1 small.	Butter, 1 tablespoon.
Parsley, few sprigs.	Flour, 1 tablespoon.
Mace, a little.	Breadcrumbs, 3 or 4 tablespoons.
	Milk or cream, a little.

Wipe the crayfish well and remove the brown fins from under the legs. Pull off the tail and cut lengthways through the centre, removing the cord. Take the flesh out of shell and put aside. Pound the body of the crayfish, tail shell, legs, etc. Barely cover with cold water, add vegetables and flavourings, and cook slowly about 1 hour. Strain. Return to saucepan. Stir in the butter and flour mixed to a paste. When boiling add milk, breadcrumbs, and the tail flesh cut into small pieces. Heat thoroughly, but do not boil again. Serve.

CRAYFISH SOUP—II.

Crayfish, 1 medium or 2 small.	Anchovy Sauce or Paste, 1 tea- spoon.
Carrot, 1.	Nutmeg, a few grains.
Onion, 1.	Parsley and Thyme.
Flour, 1 tablespoon.	Butter, 1 tablespoon.
Cold Water, 1½ pints.	Milk, ½ pint.

Prepare the fish as in first recipe. Pound the body, tail shell, and legs well. Put on to cook with the vegetables and flavourings and boil slowly about 1 hour. Strain and return to the saucepan, cooking the tail flesh in the soup until quite tender. Work all through a soup strainer or tammy. Melt the butter in the saucepan, add the flour and stir until a golden brown. Add the anchovy and then gradually the milk and hot soup. Boil up once; season and serve.

This soup should be fairly thick. If there is coral on the fish work this until smooth through a strainer and add to soup just before serving.

EEL SOUP.

Eel, 1 lb.	Cloves, 2.
Water, 2 pints; or Fish Stock.	Chopped Parsley.
Onion, 1 small.	Dripping, 1 oz.
Bay Leaf.	Sage, 1 oz.

Chop the onion and fry in the dripping until lightly browned. Add the fish skinned and cut into pieces, and the cloves and bay leaves. Cover with the water and simmer gently about 1 hour. Strain. Return to saucepan and sprinkle in the washed sago. Boil until the sago is clear, stirring frequently. Season, and just before serving add the finely-chopped parsley.

FORCEMEAT BALLS.

(For Soups.)

Use Force meat Recipe I., or add egg to the other mixtures. Flour the hands well and roll the mixture into tiny balls about the size of a small marble. Fry in deep fat until a light brown. Serve with any fish soup. They may be put on a greased tin and baked 10 to 15 minutes, but they are not such a nice colour.

Fish Head Soup is especially good made from the head, bones, trimmings, etc., of schnapper, and served with Force meat Balls.

FISH AND EGG SOUP.

Trimnings of Fish.	Artichokes, 2 or 3.
Onion, 1 small.	Eggs, 2.
Celery and Parsley.	Milk, 1 pint.

Cover the fish trimmings and prepared vegetables with milk and water. Cook until the vegetables are soft, about 1 hour. Beat the eggs and add to the strained soup. Stir until the soup thickens slightly, but do not boil. Season and serve with croutons of fried or toasted bread.

FISH SOUP.

Fish, 2 lb. (about).
 Butter, 1 oz.
 Flour, 1 oz.
 Onion, 1.

Milk, 1 pint.
 Water, 1 pint.
 Cloves and Peppercorns, 2 or 3.
 Salt and Pepper.

Clean and scale the fish and remove the skin (p. 35). Remove the flesh as when filleting and set aside in a cool place. Put head, skin, bones, etc., on to cook in the cold water; add onion, cloves, etc. Boil slowly about 1 hour. Strain. Return the strained liquid to the saucepan and add the fish. Cook slowly until fish is quite cooked, about 20 to 30 minutes. Work all through a soup strainer and return to saucepan. Add milk and seasoning and stir in the butter and flour mixed to a smooth paste. Stir until boiling. Serve with small dice of toasted or fried bread.

Any kind of fish may be used—Red cod, red schnapper, tarakihi, butterfish, etc.

FISH IN SOUP (Bouillabaisse).

Fish, any small fish 2-3 lb.
 Onion, 1 small.
 Carrot, 1 small.
 Parsley, a few sprigs.
 Milk, $\frac{1}{2}$ pint, or a little cream.
 Thyme, a little.

Cloves, 2 or 3.
 Wholespice, 2 or 3.
 Butter, 1 tablespoon.
 Flour, 1 tablespoon.
 Cold Water, $1\frac{1}{2}$ pints.

Skin and fillet the fish (p. 35). Set aside the fillets, and put skin, bones, head, etc., on to boil with vegetables and flavourings. Cook very slowly until the vegetables are quite soft. Strain, return to the saucepan. Add the fish cut into small pieces and cook about 15 mins. Stir in the butter and flour mixed together to a paste, and when boiling add milk and seasoning. Serve with small dice of toasted or fried bread.

Schnapper or conger eel makes a particularly good Bouillabaisse.

FISH HEAD SOUP.

Wash any trimmings of fish, as skins, fins, bones, head, etc. Cover with cold water and milk. Add one carrot, onion, a few peppercorns, blade of mace, and a little salt. Bring to boiling point. Skim well. Simmer about two hours. Strain. Return strained liquid to the saucepan and add 1 tablespoon of butter with 1 tablespoon of flour worked to a smooth paste. Stir until boiling.

A few pipis, mussels, or oysters, or finely-chopped parsley may be added to this soup just before serving.

FLEMISH SOUP.

Fish and trimmings, 2 lb.
Carrot.
Onion.
Thyme.

Parsley.
Cloves.
Bay Leaf.
Breadcrumbs.

Use any kind of fish or different kinds. Skin and fillet. Put about 1 tablespoon of butter into saucepan and cook the trimmings (head, skin, bones, etc.) in this. Add the grated onion and carrot and the seasonings. Cover with milk and water and simmer slowly 30 to 45 minutes. Strain. Return to the saucepan and add the fish cut into rather small pieces. Simmer 10 to 20 minutes. Add a large cup of brown or white breadcrumbs. Stand about 10 mins., to allow crumbs to soak. Season and serve.

This soup makes an excellent main dish for lunch or tea.

OYSTER SOUP—I.

Oysters, 1 doz. (large).	Little Mace or Nutmeg.
Water, or $1\frac{1}{2}$ large cups of	Butter, 1 tablespoon.
Fish Stock.	Flour, 1 tablespoon.
Milk, 1 teacup.	Salt and Pepper.
Sugar, few grains.	Anchovy Essence if liked.

Beard the oysters. Stew the beards and mace for 10 minutes in the water or stock. Strain. Return to saucepan, add milk, and the flour mixed to a paste with the butter. Stir until boiling. Add the chopped oysters and any liquid strained from the oysters. Season. Do not boil after the oysters are put in.

OYSTER SOUP—II. (Quickly made).

Oysters, 1 doz.	Milk, 1 large cup.
Flour, 1 tablespoon.	Water, 1 large cup.
Butter, 1 tablespoon.	Anchovy Essence or Sauce, 1
Pepper and Salt.	teaspoon (if liked).
Nutmeg and Sugar, few grains.	

Melt butter in saucepan. Remove from fire and mix flour well in. Put oysters and liquid in colander over basin and pour over the cup of cold water. Put oysters on plate and cut each into 3 or 4 pieces, set aside. Carefully strain the water poured over the oysters to remove shell. Add this gradually to the butter and flour in saucepan, with the milk, seasonings, etc.; stir until boiling. Add the cut oysters and make thoroughly hot, but do not boil again. Suitable method for small rock oysters.

Pipis, mussels, or cockles may be used in place of oysters.

PAUA SOUP

Pauas, 4-6.	Flour, 1 tablespoon.
Bacon, 1 slice.	Milk, $\frac{1}{4}$ pint.
Onion, 1.	Pepper and Salt.
Water, $1\frac{1}{2}$ pints.	

Remove the pauas from the shells. After cutting away the soft part wash the foot well, and dry. Cut bacon into small pieces, put into a

saucepan and fry lightly, but do not brown. Remove from the saucepan and fry the pauas in the bacon fat until lightly browned, then pass through the mincer. Return pauas and bacon to the saucepan with the onion sliced and chopped, and cook slowly about 10 minutes, or until the fat is absorbed by the fish and onion. Cover with the cold water and simmer slowly about half an hour. Strain, pressing the fish with the back of a spoon to get all the liquid. Return to saucepan and thicken with the flour mixed to a smooth paste in the cold milk. Boil and season.

PIPI OR MUSSEL SOUP—I.

Pipis, 1 dozen.	Peppercorns, a few.
Water, 1½ large cups, or Fish Stock.	Pepper and Salt.
Milk, 1 small cup.	Butter, 1 tablespoon.
Onion, 1 small.	Flour, 1 tablespoon.
	Sugar, a few grains.

Wash the shells of the pipis well and remove any weeds; put on to cook in just a little water. Heat slowly and directly the shells begin to open remove from the fire. Take pipis from shells and cut away the hard parts. Put these trimmings on to cook with onion and peppercorns in the liquid in the saucepan, making it up to 1½ cups with fresh water or fish stock. Stew about half an hour. Strain and return liquid to the saucepan. Add milk and the flour mixed to a paste with the butter. Stir until boiling. Season and add chopped pipis a few minutes before serving. Any other shell-fish may be used in place of pipis.

SHELL-FISH SOUP—II.

Melt about an ounce of butter in saucepan. Stir in 1 tablespoon of flour; add gradually to the strained liquid in which the fish were cooked and the hard parts of the fish. Season with pepper and salt and a little nutmeg or a small blade of mace. Stir until boiling. Add a little milk or cream and season with pepper and salt. Have the soft portions of the fish in soup plates or tureen, and strain the hot soup over. Serve at once.

TOHEROA SOUP—I.

Toheroa, $1\frac{1}{2}$ dozen.
Water, 1 pint.
Milk, 1 pint.

Pepper and Salt.
Flour, 2 tablespoons.
Butter, 1 tablespoon.

Cover the shelled and well-washed toheroa with the milk and water and boil 20 minutes. With a perforated spoon or wire whisk lift out the fish. Allow liquid to stand a few minutes and then carefully strain through fine muslin to remove sand. Return fish and liquid to saucepan and boil about half an hour. Add flour and butter mixed to a smooth paste. Stir until boiling. Season with pepper and salt, and strain into soup plates.

TOHEROA SOUP—II.

Toheroa, $1\frac{1}{2}$ dozen.
Ham or Bacon, $\frac{1}{4}$ lb.
Pepper and Salt.
Water, $1\frac{1}{2}$ pints.

Onion, 1 small.
Nutmeg, a few grains.
Cream, 2 tablespoons, or
Milk, $\frac{1}{4}$ pint.

Put the well-washed toheroa on to cook in the water. Add bacon and onion and simmer very slowly $1\frac{1}{2}$ to 2 hours. Strain carefully to remove any sand. Return to the saucepan, add cream or milk. Season carefully and serve. This soup is served without thickening.

PIPI SOUP.

Pipis, 2 dozen.
Onion, 1.
Milk, $\frac{1}{2}$ pint.
Flour, 1 tablespoon.

Celery Seed or Salt.
Grated Nutmeg.
Salt and Pepper.
Butter, 1 tablespoon.

Wash pipis well. Barely cover with water, and boil 10 minutes. Strain off into basin and set aside for any sand to settle. Remove pipis from shells and put through a mincer. Pour the liquid carefully into a clean saucepan, add chopped onion, and minced pipis. Boil until onion is cooked, and strain again. Return to saucepan. Add milk and the butter and flour worked together to a smooth paste. Stir until boiling. Add seasoning and serve. If salt is put in before thickening the soup will curdle.

SHRIMP SOUP.

Fish Stock, 1 pint.
Shrimps, 1 pint.
Mushrooms, 3 or 4.
Vinegar, $\frac{1}{2}$ teacup.

Nutmeg or Mace, a little.
Flour, 1 tablespoon.
Butter, 1 tablespoon.
Breadcrumbs, 2 tablespoons.

Remove tails from shrimps and pound well. Work to a smooth paste with the butter and flour. Cook the bodies of the shrimps in the fish stock with the mushrooms, vinegar and mace; boil 15 to 20 minutes. Strain. Return to saucepan and add the shrimp paste. Stir until boiling. Add breadcrumbs; season and serve well.

MUTTON BIRDS.

This is a sea bird, and, like fish, obtains its food from the sea—so that it may be included in the Sea-foods.

There are large mutton bird industries, both in Tasmania and off Stewart Island, New Zealand. In New Zealand the mutton bird harvest is gathered during March and April, when large numbers of Maoris go down to the small islands off the West Coast of Stewart Island, to catch the young birds.

They are sent to the market dressed ready for cooking, and may be bought, fresh or smoked, from the fishmonger.

Mutton birds are particularly rich in fat or oil, containing vitamins, iodine, and bone-making material. The oil is of high medicinal value. Much of the oil is in the crop of the young bird, but there is also a thick coating of fat over the body—and this must be removed during cooking.

The flesh is tender, and, when cooked, resembles in appearance the flesh of wild duck, though the flavour is more akin to that of fish.

The smoked flesh is, in flavour, somewhat like that of smoked herring. It is not possible to extract *all* the oil during cooking, so it is probable that the flesh, as eaten, contains a considerable amount of the some valuable food materials.

Mutton birds may be cooked by boiling, grilling, or roasting, or by a combination of these methods. Grilling or roasting must be done at a low temperature, as the fat scorches very readily. After boiling, the flesh of the smoked bird may be used in many of the recipes given for the use of cooked fish.

When separated from the bones and flaked or chopped, it makes an excellent Chowder (p. 51), Scallop (p. 61), Toad-in-the-Hole (p. 61), Kedgeree (p. 59), Croquettes or Balls (p. 54), Russian Fish-Pie (p. 43), Fish and Potato Pie, omitting the cheese, (p. 40).

Mutton birds are retailed at from 1s. to 1s. 6d. each, and as they are rich and full flavoured, only small quantities can be eaten. One mutton bird will make sufficient chowder or kedgeree for six to eight people.

FRESH MUTTON BIRD.

To Grill.—Wipe the bird with a damp cloth, spread open, with the fat uppermost, on a hot grid-iron. Grill slowly till the fat is extracted. Turn for the last few minutes of cooking.

To Roast.—In a roasting-tin put a wire rack or enamel plate turned upside down. On this spread out the wiped bird, with the fat on top. Bake in a medium oven about half an hour until most of the fat has been extracted. If the bird is allowed to cook *in* the fat the flesh is oily, and the flavour too strong. When eaten hot serve with apple sauce, and plain riced potatoes. If to be eaten cold it is excellent served with a plain cucumber-and-tomato salad.

MUTTON BIRD PASTE.

After boiling remove the flesh from the bones, being careful to discard any skin and fat. Pass twice through the mincer, work in a little anchovy essence, and season carefully. Press into small screw-top jars, and seal at once.

TO COOK SMOKED MUTTON BIRDS.

Wash in warm water, and put on to cook in enough warm water to cover. Boil slowly from twenty to thirty minutes. Remove from the water, and wipe dry. Open the bird, and with the fat uppermost, place on a hot gridiron. Grill slowly until most of the fat has been extracted. No extra flavouring or seasoning is required. Serve with sliced lemon, and plain boiled or baked potato.

SEAWEEDS

Commercial carrageen may be bought at the chemist's. It is very cheap and is quite easily used. After soaking and then boiling for a short time, a jelly is formed. When cold this may be served as a blancmange with stewed fruit or cream.

The various edible sea-weeds found on our beaches, if freely used as thickening for soups and various shapes, would be an extremely valuable source of iodine, both for children and adults.

Reference to the seaweeds illustrated will show that edible weeds are to be found in practically every part of New Zealand.

To Keep.—After gathering, wash well in several waters, picking out any shell or other foreign matter. Shake in a cloth to free from water as much as possible. Spread on brown or blotting paper to dry. It will need turning several times while drying. When quite dry keep in jars or tins for use.

CARRAGEEN CREAM.

Sea-weed, 1 oz.
Milk, 1 pint.
Eggs, 1 or 2.

Sugar, 1 tablespoon.
Salt.
Essence.

Wash sea-weed well and soak about an hour in warm water. Lift out of the water and cook in the milk very gently for about 30 minutes. Beat the egg and sugar and pour on the strained milk. Return to the saucepan and cook very slowly for about ten minutes until the mixture coats the stirrer. The mixture must not boil. Add salt and essence, and put into a wet mould to set.

CARRAGEEN SHAPE.

Wash thoroughly 1 oz. of carrageen. Cover with cold water and soak for one or two hours. Add $\frac{3}{4}$ pint of cold milk and boil all together for about 10 minutes. Add a small piece of cinnamon or lemon rind when the moss is put on to cook. When cooking is finished sweeten a little and add a pinch of salt. Strain through a fine strainer and put in a wet mould to set. Serve as blanchmange with stewed fruit or cream.

IRISH MOSS SHAPE.

Sea-weed, 1 oz.
Sugar, 1 tablespoon.

Milk, 1 pint.
Salt and vanilla essence.

Wash sea-weed well and soak overnight in cold water. Lift out of the water and simmer in the milk for about 1 hour. Add sugar, salt, and essence. Strain and put in wet mould to set.

SEA-WEED SHAPE AND JELLY.

Dissolve a packet of jelly and add to it any fresh or cooked fruit. Put into a glass dish and allow to set. Make either "Carrageen Shape" or "Irish Moss Shape," after straining allow to cool a little then pour over the fruit and jelly. When cold serve with cream or boiled custard.

PRUNE AND SEA-WEED SHAPE.

Prunes, $\frac{1}{4}$ lb.
Sea-weed, 1 oz.

Sugar, to taste.
Half Lemon rind.

Wash prunes and sea-weed and soak overnight in separate basins in $\frac{1}{2}$ pint of warm water. Next day bring prunes to boiling point and simmer about 10 minutes. Lift out prunes, remove stones, and put the fruit into a glass dish. Add soaked sea-weed

and water to the prune liquid and simmer very gently about half an hour. Add the thin yellow rind of the lemon. When cooking is finished strain the mixture on to the prunes. When cold, serve with boiled custard or cream.

JELLY SHAPE.

Sea-weed, 1 oz.
Lemon, 1.
Passion Fruit, 2.

Sugar, 1 large cup.
Water, 1½ large cups.
Colouring, a little.

Wash sea-weed well. Soak in the water overnight, add yellow rind of lemon and simmer together slowly for about half an hour. When cooked stir in the sugar, lemon juice and passion fruit. Add colouring and strain through a cloth into a wet mould or basin. Cooked or raw fruit may be added.

When set, serve with boiled custard or cream.

TO THICKEN FRUIT JUICE.

After cooking the fruit lift carefully on to a glass dish. Add 1 piled tablespoon of washed and soaked sea-weed to the fruit juice and cook very gently about 10 minutes. Strain over the fruit.

THICKENING FOR SOUP.

The washed and soaked sea-weed may be used in place of sago to thicken soup or fruit juice.

Oyster Sauce.—Add about 1 tablespoon of washed and soaked sea-weed when cooking the beards of the oysters. Strain and add the oysters and a little cream.

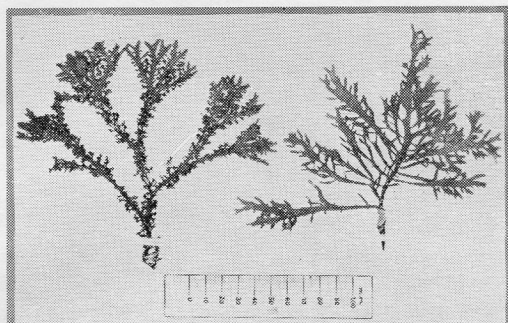
SUMMARY

From information supplied by A. E. Hafford, Chief Inspector of Fisheries

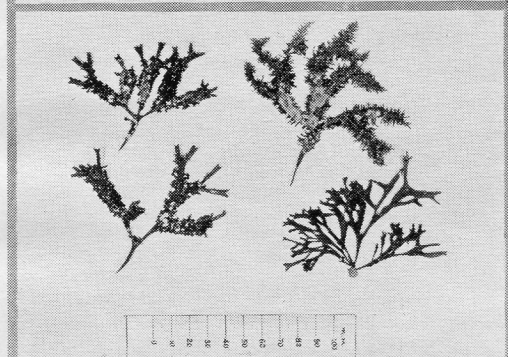
CRUSTACEA AND MOLLUSCA

POPULAR NAME	MAORI NAME	AREA WHERE FOUND	GROUNDS
Crayfish	Koura. (Same name as the freshwater crayfish.) Tio	All around coast.	Rocky grounds.
Oysters Mud Oyster (Dredge Oyster) or Stewart Island Oyster Rock Oyster (Northern) Rock Oyster (Southern) Pawa	Pawa (paua).	Off various parts of coast, especially in Foveaux Strait. Auckland Province. All around coast.	On clean shelly bottom, about 10 to 30 fathoms depth. On rocks between tide marks. On rocks below low-water mark.
or Ormers or Mutton-fish Pipi Cockle Toheroa	Pipi. Pipi. Toheroa (Auckland) Koaro (Bay of Plenty) Tohemunga (Otaki). Kuku, Kutai.	All around coast. All around coast. Chiefly northern New Zealand, Riverton in the South. Chiefly northern New Zealand.	On sandy beaches. In mud flats at low tide. Sandy beaches.
Mussels			Rocky shores and shelly beaches; also in deep water.

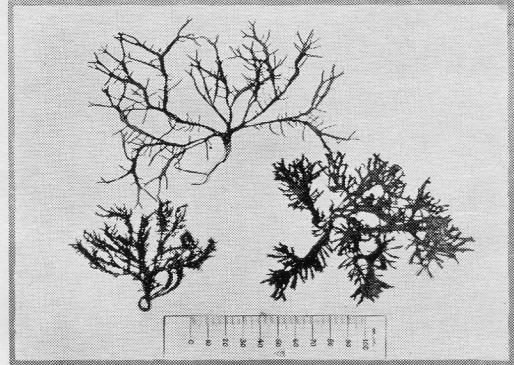
EDIBLE SEA-WEEDS FOUND ON MANY PARTS OF THE NEW ZEALAND COAST.



*Gigartina
marginifera*
(Gore Bay)

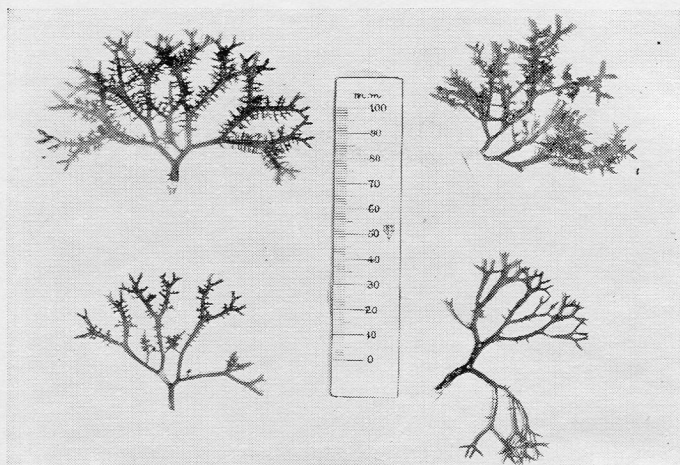


*Gigartina
protea*
(Olive green in colour. Found in
Lyttelton beyond
Gladstone Pier).



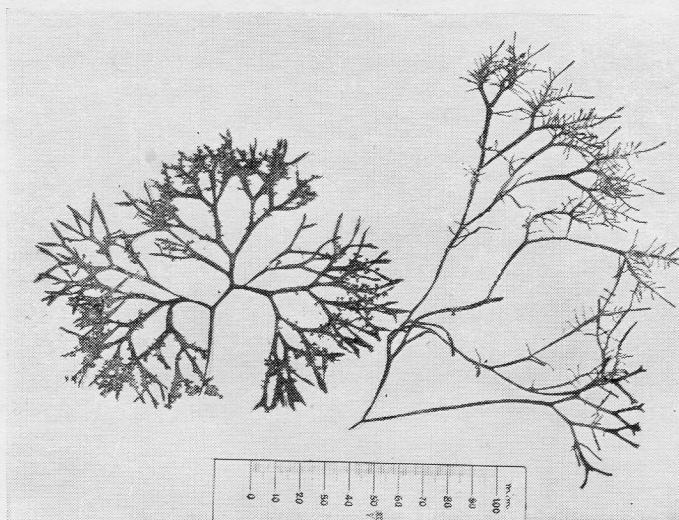
*Gigartina
divida*
(Found in
Riverton,
Dusky Sound,
Jackson Bay,
Doubtful Sound,
Stewart Island,
Otago Harbour,
Akatore,
Chatham
Islands).

EDIBLE SEA-WEEDS FOUND ON MANY PARTS OF THE NEW ZEALAND COAST.



Gigartina clavifera

(Found in Gore Bay, Port Molyneux. Jellies very speedily).



Gigartina decipiens (forms)

(Found outside North Mole, Timaru).

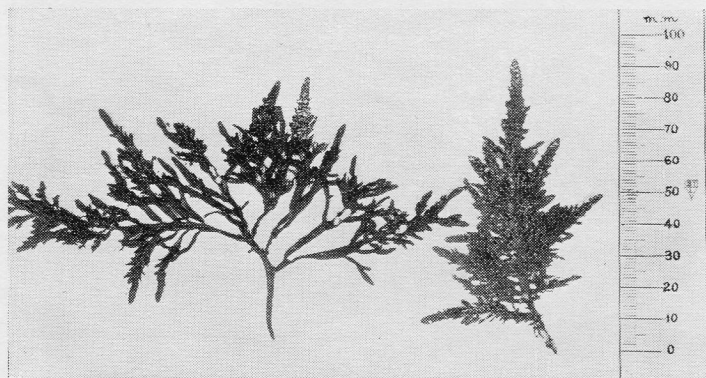
[From Trans. N.Z. Inst.

EDIBLE SEA-WEEDS FOUND ON MANY PARTS OF THE NEW ZEALAND COAST.



Gigartina Chauvinii

(Found in North Island. Used in Peru for Soups, Salads and Fritters).

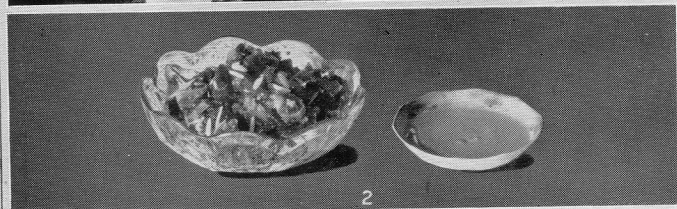


Gigartina angulata

[From Trans. N. Z. Inst.

(Found in St. Clair, Amberley, Timaru, Moeraki, Wellington, Otupuki and Gore Bay).

DAINTY SWEETS MADE FROM EDIBLE SEA-WEED.



1. Prune and Sea-weed Shape with Boiled Custard, (Prune Hedgehog), page 100.
2. Fruit in Jelly Shape with Cream, page 100.
3. Carrageen Cream (Spanish Cream), page 99.
4. Irish Moss Shape and Cream, page 100.

SUMMARY OF NEW ZEALAND FISHES

SUMMARY

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POPULAR NAME	MAORI NAME	AREA WHERE FOUND	GROUNDS
Butter-fish Kelp-fish (South Island)	Marari.	All around coast.	Rocky coast among kelp.
Green-bone	Manga.	All around coast.	In schools on coast.
Barracouta	Rawaru.	Chiefly southern waters.	Rocky bottom.
Cod (blue)	Hoka.	Chiefly southern waters.	In schools, coast and harbours.
Cod (red)			Near rocks and kelp.
Conger	Koiro.	All around coast.	
Conger eel			
Dab			
Plaice (Nelson)	Patiki.	All parts New Zealand	Muddy grounds and fine sand.
Flounder (fishmongers)			Fine sandy bottom.
Elephant-fish	Reperepe.	All parts New Zealand.	
Flounder	Patikitotara.	All parts New Zealand.	Muddy grounds.
or Yellow Flounder			
or Yellow Belly	Patiki mohaoa.		
Freshwater Flounder			
or Black Flounder			
Frost-fish	Para.	All parts New Zealand.	Deep sea fish.
Gurnard			
or Gurnet			
Garfish (South)	Takeke.	" " "	Same grounds as flounders.
or Piper (North)		" " "	Sandy and "grassy" beaches, seasonal in South Island.
Groper (South)	Hapuku.	" " "	Rocky bottom, deep water.
or Hapuku (North)			
Hake (Wellington)	Tikati.	" " "	Deep water.
or Kingfish (South Island)			
or Barracouta (Auckland)			
John Dory	Kuparu.	Chiefly in north.	Sandy bottom.
Kahawai	Kahawai.	North Island only	Open sea mainly.
Kingfish (North Island)	Haku.	" " "	Surface fish.
Kingfish (South Island)	Tikati.	South Island "	" "

SUMMARY OF NEW ZEALAND FISHES—continued

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COOKING OF NEW ZEALAND FISH

POPULAR NAME	MAORI NAME	AREA WHERE FOUND	GROUNDS
Barraconda (Auckland) ..	Kokiri.	All parts New Zealand	Deep water
Leather-jacket ..			
or Trigger-fish ..	Hokarari.	All around coast.	Deep water, rocky bottom.
Ling ..	Kanae.	North Island only.	Near coast and in estuaries.
Mullet ..	Moki.	All around coast.	In tide rips near rocky reefs.
Moki ..	Maomao.	North Island.	Caught near kelp.
Maomao ..	Tawatawa.	" "	Deep water.
Mackerel ..	Porae.	" "	Rocky grounds.
Parrot-fish ..	Paekirikiri.	All parts New Zealand.	" "
Pig-fish ..	Puramoruua.	" "	Deep water—intermittent.
Pilchard or Sardine ..	Mohimohi.	" "	" "
or "Picton Herring."			
Silver-fish ..	Awa	Chiefly South Island.	Sandy beaches and harbours.
"Herring" (North Island) ..		" "	Lakes, rivers and sea.
or Mullet (South Island) ..		" "	Lakes, rivers and sea.
Salmon (Atlantic) ..		Southern South Island	Muddy grounds.
Salmon (Quinnat) ..	Whai.	Canterbury and Otago.	Sandy bottom.
Skate ..	Patiki rori.	All around coast.	
Sole ..		All parts New Zealand.	
Swordfish (marlin) ..		North Island.	
Swordfish (broadbill) ..		" "	Mainly round coast, rocky bottom.
Schnapper ..	Tamure.	" " (mainly)	Intermittent.
Sprat ..	Kupae.	All parts coast.	Deep water fish.
Tarakihi (terraki) ..	Tarakihi.	" "	Deep water surface fish.
Trevalli ..	Aroara.	North Island.	Fresh and brackish water.
Eel (freshwater) ..	Tuna.	All parts.	Deep water fish.
Trumpeter ..	Kohikohi.	South Island.	
Warehou (small ones are known in Christchurch and Dunedin as Trevalli. ..	Warehou.	Both Islands.	
Whiting ..		South Island.	
English hake ..			
Whitebait ..	Inanga (adult form).	All parts New Zealand.	Estuaries and rivers.

SUMMARY OF EDIBLE FISH

SUMMARY

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FISH	FAT*	SCALE	FLESH†	BONE	AVERAGE WEIGHT	SEASON	SUITABLE METHOD OF COOKING
Butterfish, Kelp-fish, or							
Green-bone ..	Little	Medium	Delicate	Little	2 lb.	All the year	Baking, steaming, frying
Barracouta ..	None	Little	Medium	"	5 lb.	Dec.-Feb.	Baking, frying, boiling
Cod (Red) ..	Little	Medium	Delicate	"	3 lb.	Aug.-Mar.	Baking, fried in batter
Cod (Blue) ..	"	"	"	Medium	2½ lb.	All the year	Baking, steaming, frying
Conger eel ..	Medium	"	Medium	"	10 lb.	" "	Baking, stewing
Crab ..	None	Little	Delicate	V. little	½ lb.	" "	Baking, stewing, frying
Elephant fish ..	Medium	None	"	"	4 lb.	Aug.-March	Baking, steaming, frying
Flounder ..	Little	V. little	"	Little	½ lb.	All the year	Baking, steaming, frying
Frost fish ..	Very	V. little	"	V. little	4 lb.	April-Aug.	Baking, steaming, frying
Gurnard ..	None	Little	Medium	Boney	1 lb.	All the year	Baking or Souased
Garfish (Piper)	"	"	Delicate	"	½ lb.	Dec.-Feb.	Baking or Souased
Groper (Hapuku)	Very	Very	Medium	Medium	15 lb.	All the year	Baking, frying, boiling
Hake ..	Little	Very	Medium	"	7 lb.	" "	Baking, frying, boiling
Herring ..	Very	Medium	"	Boney	½ lb.	Aug.-Apl.	Baking, frying, grilling
John Dory ..	Little	Little	Delicate	Medium	2 lb.	All the year	Baking, frying, steaming or boiling in sea water
Kahawai ..	None	Medium	Coarse	Medium	2 lb.	" "	Baking or boiling
Kingfish (Nth. Island)	None	Little	Coarse	Little	12 lb.	" "	Baking, steaming, boiling
Kingfish (Sth. Island)	Little	Little	Medium	Medium	7 lb.	" "	Baking, frying, boiling
Leather-jacket ..	None	None	Delicate	V. little	1 lb.	Oct.-Mar.	Baking, steaming, frying
Ling ..	Little	V. little	Medium	V. little	6 lb.	All the year	Boiling or steaming
Mullet ..	Very	Medium	"	"	1½ lb.	" "	Baking, steaming, boiling
Moki ..	Medium	Little	"	Little	10 lb.	" "	Baking or boiling

*The degrees under this head have a relative significance only. The same fish vary in fat content according to season.

None should be read as *practically none*

†This is often a matter of personal taste or prejudice—or cooking.

SUMMARY OF EDIBLE FISH—continued

FISH	FAT	SCALE	FLESH	BONE	AVERAGE WEIGHT	SEASON	SUITABLE METHOD OF COOKING
Maumau ..	Medium	Little	Delicate	V. little	1 lb.	All the year	Baking, steaming, frying
Mackerel ..	"	"	Medium	"	3 lb.	Oct.-March	Baking, steaming, boiling
Mackerel (horse) ..	None	"	Coarse	Little	$\frac{1}{2}$ lb.	All the year	Baking, steaming, boiling
Porae ..	Little	Medium	Medium	"	3 lb.	" "	Baking, steaming, frying
Parrot fish ..	"	"	"	"	$1\frac{1}{2}$ lb.	" "	Baking, steaming, frying
Pilchard (sardine) ..	Very	V. little	Delicate	"	$\frac{1}{4}$ lb.	Intermittent	Baking, steaming, frying soused
Salmon ..	Medium	Medium	Medium	Little	10 lb.	Oct.-Apl.	Baking, boiling, steaming, frying
Skate ..	None	None	"	None	4 lb.	All the year	Baking, boiling, steaming, frying
Sole ..	V. little	Medium	Delicate	Little	$\frac{1}{2}$ lb.	" "	Baking, steaming, frying
Schnapper ..	"	Very	"	"	2 lb.	" "	Baking, steaming, frying
Schnapper (red) ..	"	"	"	Medium	1 lb.	" "	Baking, steaming, frying
Sprat ..	Very	Medium	V. "	"	$\frac{1}{4}$ lb.	Intermittent	Baking, steaming, frying, soused
Tarakihi ..	Medium	Very	V. "	Little	$1\frac{1}{2}$ lb.	All the year	Baking, steaming, frying
Trevalli ..	None	Little	Medium	"	3 lb.	" "	Baking, steaming, frying
Tuna (eel) ..	Very	None	"	Medium	2 lb.	" "	Baking, steaming, frying, stewing, soured
Trumpeter ..	Medium	Medium	"	V. little	7 lb.	" "	Baking, steaming, frying
Warehou ..	V. little	Little	"	"	6 lb.	" "	Baking, steaming, frying
Whitebait ..	None	None	V. del.	None	"	Sept.-Dec.	Frying, steaming

While care has been taken in compiling this Summary it is impossible in such a table to give more than a general outline of the chief characteristics of the Fish listed.

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